

Spinach Walnut Pesto

Makes 4-6 servings



1/2 cup walnuts
1 cup parsley
3 oz baby spinach

2 cloves of garlic
1/2 of a jalapeno pepper
(seeded and rough cut, more or less to taste)

1/4 cup grated Pecorino Romano cheese (Parmesan or Asiago can be substituted)
1/3 cup extra virgin olive oil
1 tsp lemon zest
Salt and pepper to taste

1. In a non stick sauté pan over medium heat, roast the walnuts for 5-6 minutes or until they become fragrant.
2. Place the roasted nuts and garlic into the food processor, and blend for 1 minute.
3. Add the parsley, spinach, cheese, and jalapeno into the food processor, and pulse until well mixed. Keep processor on while pouring in the oil.
4. Add lemon zest and salt and pepper to taste.

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



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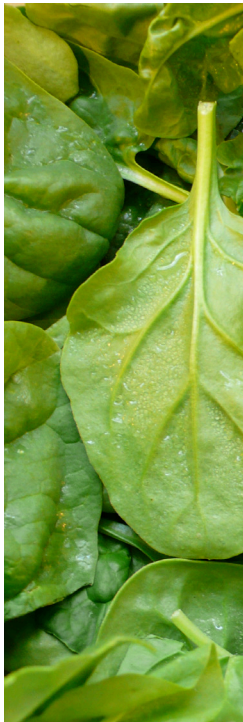
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Farmers Market Food Safety Tips

- Spinach and other greens can be eaten raw or cooked. Store unwashed greens in sealed plastic bags in the crisper drawer of the refrigerator, where they will keep for 3-4 days.
- When ready to use, wash spinach thoroughly, using several changes of cold water to remove all soil.
- To prevent cross-contamination, keep spinach and other greens away from raw meat, poultry and seafood, using separate cutting boards.
- Wash hands before and after handling fresh produce.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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