



## Green Pea Pesto

8 Servings • 1 Serving = 2 Tablespoons

### INGREDIENTS

- 1 ¼ cup fresh or frozen peas
- ¼ cup fresh mint leaves
- 1 small clove garlic, mashed
- ¼ cup parmesan cheese, grated
- 1 teaspoon lemon zest
- 1 Tablespoon lemon juice
- 1/3 cup olive oil
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- Optional: 1-2 Tablespoons water for desired consistency

### DIRECTIONS

1. If using fresh peas, bring a pot of water to boil, add the peas, and cook 1 minute. Drain the peas and rinse with cold water. If using frozen peas, let thaw by running under cold water.
2. Place peas, mint, garlic, cheese, lemon zest, and lemon juice in a blender or food processor. Blend until a thick paste forms. Add the olive oil in a steady stream with the motor running. Add until desired consistency is reached. Season with salt and pepper.

### Nutrition Facts

8 servings per container  
Serving size 2 Tablespoons

Amount per serving

**Calories** **110**

% Daily Value\*

Total Fat 10g 13%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0mg 0%

Potassium 45mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[chefs.org](http://chefs.org)

@CHEFSanAntonio

