



BLUE ZONES PROJECT

by sharecare

RECIPES

*From the kitchen of:
Blue Zones Project®*





FROM THE KITCHEN OF:
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Cilantro-Walnut Pesto Bread Spread

Yields: 6 servings

Per serving: 185 calories, 12 g fat, 174 mg sodium, 1 g fiber, 4 g protein

Ingredients

- 2 cups of cilantro leaves
- 1 cup fresh spinach
- 2–3 tbsp. parmesan cheese
- 1/2 cup walnuts
- 2–3 tbsp. olive oil or low sodium broth/bouillon
- 6 slices of whole-wheat bread

Directions

1. Place all ingredients in a food processor and pulse until smooth. If necessary, add more oil or broth to achieve the consistency you want, and to make a spreadable paste.
2. Spread on whole-wheat bread and toast in the oven for 4 minutes on broil or toast cycle.