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Wellness Ideas for Everyday Living.

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Swiss Chard Pesto

Makes about ½ cup

Ingredients:

- ¼ cup walnuts
- 2 cloves garlic
- ¼ cup hulled hemp seeds
- 1/8 cup feta cheese
- ½ cup packed Swiss chard leaves
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- ¼ teaspoon ground pepper

Directions:

1. Blend all ingredients in food processor or blender.
2. Serve with noodles or steamed vegetables; as spread for sandwiches instead of mayo, or as base for crostini appetizers with chicken or beef pieces.