

Dairy & Nut Free Arugula Pesto

Nutrition Facts (Metabolic Pro # 7005, 6/8/2020)

EQUIPMENT

- Gram Scale
- Bowls (small to medium)
- Glass Jar
- Liquid Measuring Cup
- Measuring Cups & Spoons
- Cutting Board
- Sharp Knife
- Food Processor
- Zester, grater or box grater

Per serving	Per entire recipe
Calories: 118	Calories: 650
Protein: 0.4 gm	Protein: 2.0 gm
Carbohydrate: 0.7 gm	Carbohydrate: 3.8 gm
Phenylalanine: 17 mg (1 exch)	Phenylalanine: 93 mg
Leucine: 24 mg (1 exch)	Leucine: 135 mg

PREP TIME: 20 minutes

INGREDIENTS

- 54 gm (1 ½ packed cups) Arugula (leafy green)
 - ✎ Gently wash produce (unless the package says it has been washed) under cold running water & dry with paper towels. A salad spinner can also be used.
- 10 gm (1/3 packed cup) Cilantro, Fresh
 - ✎ Gently rub produce under cold running water.
- 7 gm (1/4 cup) Basil, Fresh*
 - ✎ Gently rub produce under cold running water.
- 1 Garlic Clove (or 1/2 tsp minced)
- 1/3 cup Olive Oil
- 2 teaspoons Lemon Zest
 - ✎ Scrub with a vegetable brush under cold running water.
- 1 tablespoon + 1 teaspoon Lemon Juice
- ¼ teaspoon Table Salt

DIRECTIONS

1. After cleaning the food preparation area you will be using, gather the equipment and ingredients you need for this recipe. *Read the recipe in its entirety before starting.*
2. Wash your hands with soap and water.
3. Once you have measured out all of the ingredients, add to a food processor.
4. Process until the arugula and cilantro is well chopped and blended.
5. Pour into a small glass jar until you are ready to use.

⌚ For future use, you can also add to an ice cube tray & freeze for individual portions. Once frozen, pop the pesto cubes out and put in a freezer bag. Label and date.

YIELD: 5 oz (150 gm)

SERVING SIZE for COOKING DEMO: 2 Tablespoons/serving of pasta

NUMBER of SERVINGS: 5.5

THE RECIPE:

- The nutrient values are approximations due to the variations in ingredients and measurements.
- The nutrition content was calculated by a registered dietitian.
- The nutritional values used in the calculations came from Metabolic Pro (GMDI) and the USDA Agriculture Research Service Data Central.
 - **Metabolic Pro:**
 - <https://www.metabolicpro.org/>
 - **United States Department of Agriculture (USDA):**
 - <https://fdc.nal.usda.gov/>
 - Accessed: 6/8/2020

SOURCES:

- **Sweet Treats Blog Arugula Pesto (nut & dairy free) Recipe:**
 - <http://sweet-treats-baking.blogspot.com/2016/05/arugula-pesto-dairy-free-nut-free-aip.html>
 - Accessed 6/8/2020
 - **Basil added during recipe test, not part of original recipe.*
- **Safe Recipe Guide:**
 - <https://www.saferecipeguide.org/>
 - Accessed: 6/8/2020
- **Centers for Disease Control & Prevention (CDC):**
 - <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
 - Accessed: 6/8/2020
- **Food & Nutrition Magazine ®:**
 - <https://foodandnutrition.org/about-us/about-our-recipes/>
 - Accessed: 6/8/2020