

# The Healthy Cook

## Pistachio Lemon Pesto

- 2 cups basil leaves
- 1 cup flat-leaf parsley
- ¼ cup roasted salted pistachios
- ¼ cup extra-virgin olive oil
- 1½ Tbs. fresh lemon juice
- ½ tsp. lemon zest
- ¼ tsp. kosher salt



 MAKES 8 TBS.

PER SERVING (2 Tbs.): calories 170 | total fat 17 g | sat fat 2.5 g | sodium 160 mg

## Chimichurri

- 2 cups flat-leaf parsley
- 1 cup cilantro
- ¼ cup mint leaves
- ½ serrano pepper, seeded
- ¼ cup extra-virgin olive oil
- 1½ Tbs. red wine vinegar
- ¼ tsp. kosher salt



 MAKES 8 TBS.

PER SERVING (2 Tbs.): calories 130 | total fat 14 g | sat fat 2 g | sodium 140 mg

- **Instructions:** Put all ingredients into a small food processor. Pulse until uniformly minced, scraping down the sides as needed.

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