

## Swiss Chard Pesto

4 cups Swiss chard

½ cup basil, optional

2 lemons, juiced

1-2 cloves garlic, crushed

½ cup olive oil

¾ cup nuts (pistachio, walnut, or almond) or seeds (we used sunflower seeds)

1 cup parmesan cheese

Pulse the nuts and garlic in a food processor until you get smaller pieces. Tear the chard into the food processor and add the garlic, lemon, olive oil, and parmesan cheese. Pulse the food processor until the ingredients are combined and very small. Over pulsing will create a puree. Serve over pasta or spread onto bread.

## Swiss Chard Smoothie

1 cup Swiss chard

1 ½ cup fruit we used a combination of grapes, frozen pineapple, frozen cherries, and frozen mango

4 dried and pitted dates

2 ½ cups unsweetened coconut water

Blend all ingredients in a high powered blender like a Vitamix.

Recipes written by:



