

Pesto Dip Recipe

Adapted from THE CLEVER MEAL

SPINACH
to WIN it!

Equipment Needed

- Bowls
- Measuring cups and spoons
- Blender
- Knives and Cutting board

Ingredients

- 3 cups fresh spinach
- 3 cloves garlic
- 2 Tbsp pine nuts
- 1 Tbsp chopped basil
- 1/3 cup Olive oil
- 1/3 cup grated Parmesean
- 1/8 tsp salt (1 pinch)



Instructions

1. First things first! All students should wash their hands with soap and water.
2. Divide students into small groups or have student volunteers perform each step!
3. Measure out ingredients and add to the blender one by one:
 - a. Break up these tasks and assign to different students:
 - i. Have one student wash spinach.
 - ii. Have another student measure and add the spinach.
 - iii. Have a student peel garlic and add to blender.
 - iv. Have a couple students measure and add the cheese, olive oil, salt, and pine nuts.
4. Have a few students take turns turning on the blender until desired consistency.
5. Scoop into bowls and enjoy with veggies, rice crackers, pita, or noodles!

