



# Parsley Stem Pesto Over Roasted Asparagus



4 servings



15 mins prep | 30 mins total time

## Per serving:

210 calories

6g carbs

2 g fiber

20 g fat

4 g protein

## Ingredients

- 1/3 cup raw walnuts
- 3/4 cup parsley stems, roughly chopped
- 2 Tbs parmesan
- 1 clove garlic, roughly chopped
- 1 lemon, juiced (1 tbsp lemon juice)
- 1/2 tsp salt
- 1/4 cup olive oil plus 1 tablespoon olive oil, divided
- 1 Bunch asparagus, ends trimmed

## Directions

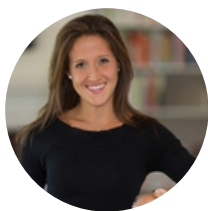
### Prep

1. Preheat an oven to 425°F.
2. Trim ends of asparagus.

### Make

1. Place the asparagus into a mixing bowl, and drizzle with the olive oil. Season with salt and pepper. Toss to coat.
2. Bake asparagus in the preheated oven until just tender, 12 to 15 minutes depending on thickness.
3. While the asparagus is cooking, add walnuts, parsley, parmesan, garlic, lemon juice, and salt in a food processor and pulse for a few seconds to combine. Scrape down the sides of the bowl and pulse again.
4. Slowly drizzle in the remaining olive oil while the food processor is running just long enough to incorporate the oil, about 20-30 seconds.
5. Spread pesto over asparagus and serve.

*Note: Freeze leftover pesto in ice cube trays for future use.*



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