



HEALTH SCORE

84%

Cook the Book: Roasted Tomatoes and Pumpkin Seed Pesto



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



1307 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.8 teaspoon chili powder green
- ☐ 40 2-inch corn tortillas yellow soft
- ☐ 1 cup cilantro leaves fresh loosely packed coarsely chopped
- ☐ 8 servings mint leaves fresh chopped
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons lemon infused olive oil

- ☐ 6 poblano pepper cored peeled seeded
- ☐ 0.8 cup pumpkin seeds lightly toasted
- ☐ 1 pound roma tomatoes cored
- ☐ 0.5 teaspoon sugar

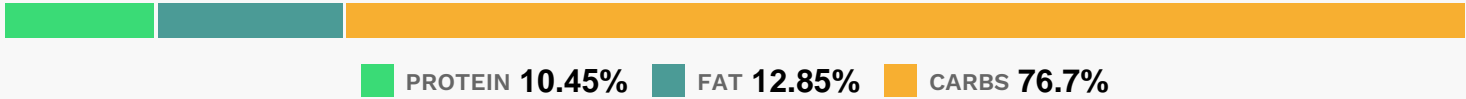
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 200°F. Line a baking sheet with parchment paper. Halve the tomatoes across their midsections and gently squeeze the halves to release seeds and excess juice (the tomatoes will cook faster). Slice the tomatoes thinly. In a bowl, toss the slices with 1/2 teaspoon of the salt and the sugar.
- ☐ Spread the slices in a single layer (so the tomatoes are evenly exposed to the heat) on the prepared baking sheet.
- ☐ Roast for at least 2 hours, or until the tomatoes are about three-fourths dehydrated and the flesh is the consistency of a roasted bell pepper. The slices will shrink by about half during roasting; no need to turn them.
- ☐ Remove from the oven and set aside until at cool room temperature.
- ☐ Cut the prepared poblano chiles into 1/4-inch-thick strips (rajas); set aside. Meanwhile, to prepare the pesto, in the work bowl of a food processor fitted with the metal blade, combine the pumpkin seeds, chile powder, olive oil, lime juice, cilantro, and remaining 1 1/2 teaspoons salt. Process until the consistency is a little rougher than peanut butter, or as you prefer.
- ☐ To serve, lay the tortillas side by side, open face and overlapping on a platter. Divide the pesto equally between the tortillas and top with roasted tomato slices, chile strips, salsa, and basil. Grab, fold, and eat right away. Or build your own taco: lay a tortilla, open face, in one hand. Spoon on some pesto, top with tomato slices, chile strips, salsa, and basil, and eat right away.

Nutrition Facts



Properties

Glycemic Index:26.32, Glycemic Load:111.3, Inflammation Score:-10, Nutrition Score:45.96173933278%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 4.33mg, Luteolin: 4.33mg, Luteolin: 4.33mg, Luteolin: 4.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 1307.32kcal (65.37%), Fat: 19.5g (30%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 261.93g (87.31%), Net Carbohydrates: 223.26g (81.18%), Sugar: 9.05g (10.05%), Cholesterol: 0mg (0%), Sodium: 848.15mg (36.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.68g (71.37%), Phosphorus: 1897.75mg (189.78%), Fiber: 38.68g (154.71%), Manganese: 2.33mg (116.48%), Magnesium: 462.85mg (115.71%), Vitamin C: 81.06mg (98.26%), Vitamin B6: 1.51mg (75.55%), Zinc: 8.18mg (54.53%), Copper: 1.06mg (53.07%), Selenium: 35.4µg (50.56%), Calcium: 484.07mg (48.41%), Vitamin B3: 9.68mg (48.39%), Iron: 8.12mg (45.12%), Vitamin B1: 0.63mg (41.81%), Potassium: 1421.39mg (40.61%), Vitamin B2: 0.42mg (24.91%), Vitamin A: 1048.86IU (20.98%), Vitamin K: 17.93µg (17.08%), Vitamin E: 2.49mg (16.59%), Folate: 52.03µg (13.01%), Vitamin B5: 0.82mg (8.24%)