

SAUCES & DIPS

Spinach and Arugula Pesto

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	8	\$1.15	170 kcal

Spinach and Arugula Pesto is a condiment that serves 8. One portion of this dish contains around 5g of protein, 16g of fat, and a total of 170 calories. For \$1.15 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals. 1 person were glad they tried this recipe.

Ingredients

- ☐ 1 bunch fresh arugula, washed and trimmed
- ☐ 3 garlic cloves, roughly chopped
- ☐ ½ lemon, juiced
- ☐ 1/3 cup extra-virgin olive oil
- ☐ ½ cup grated Pecorino Romano
- ☐ ¼ teaspoon salt
- ☐ 1 pound fresh spinach, washed and trimmed
- ☐ ½ cup walnut pieces, toasted
- ☐ 2 tablespoons water

EQUIPMENT Food processor, Blender

Method

- 1

In a food processor or blender, combine spinach, arugula, garlic, salt, walnuts, cheese, lemon juice, and water. Process until they form a paste. Gradually blend in olive oil, taste adjust seasoning if necessary.

Nutrition per serving

170

KCAL

5 g

PROTEIN

16 g

FAT

4 g

CARBS

Saturated Fat	2.8 g · 18% of daily needs
Fibre	2 g · 8% of daily needs
Sugar	0.8 g · 1% of daily needs
Sodium	197 mg · 9% of daily needs
Cholesterol	6.5 mg · 2% of daily needs
Vitamin C	19.2 mg · 23% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/spinach-and-arugula-pesto-148282