



Carrot Cashew Spread

This spread is equally good with whole grain crackers or as a quick breakfast when spread on toasted slices of whole grain bread

3 carrots, chopped
1 cup raw cashew or walnut pieces, divided
15 dried apricots, quartered (about 1/2 cup)

Put carrots into a small pot and cover by 2 inches with water. Bring to a boil, reduce heat to medium-low, cover and simmer until tender, about 10 minutes. Add 3/4 cup cashews and apricots, cover and continue to simmer until carrots are very soft, 5 to 7 minutes more; reserve 1/2 cup of the cooking water, then drain well. Transfer carrot mixture and reserved water to a food processor and puree until smooth. Chill for at least 1 hour, then garnish with remaining cashews and serve.

NUTRITION

Per serving (about 1/4 cup): 140 calories (70 from fat), 8 g total fat, 1.5 g saturated fat, 0 mg cholesterol, 20 mg sodium, 15 g total carbohydrate (2 g dietary fiber, 2 g sugar), 4 g protein

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Kale Pesto Pasta

Unlike pesto made with basil, this kale version doesn't lose its bright green color, and it has more micronutrients and protective phytonutrients.

1 pound pasta (any type - shells, elbows, spaghetti, etc)
4 cups stemmed chopped kale (about 1 bunch)
1/2 cup grated Parmigiano-Reggiano
6 Tbsp Extra Virgin Olive Oil
1/4 cup pine nuts (or other nut)
2 cloves garlic, chopped
1/4 tsp red pepper flakes

Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, according to the package directions. Reserve 2 Tbsp of the pasta water for the kale pesto. Fill a large bowl with ice cubes and cold water. Plunge the kale into the boiling water for 3 minutes. Using tongs or a slotted spoon, transfer the kale from the hot water to the ice bath. The cold water allows the kale to keep its bright green color. After 3 minutes, drain the kale in a colander, then squeeze it firmly to press out excess water. Put the kale and all of the remaining ingredients in a food processor and puree until smooth. Transfer to a container, cover, and refrigerate until ready to use. The pesto will keep for up to 3 days.

NUTRITION

Per serving: 549 calories, 25 g total fat, 6 g saturated fat, 717 mg sodium, 15 g total carbohydrate (4 g dietary fiber), 20 g protein

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