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.

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 (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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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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