

Fresh Green Chickpea & Walnut Pesto with Salad

SERVINGS: 12

Ingredients	Qty	Measure
Green chickpeas	2	cups
Baby arugula (loosely packed)	4	cups
Bok Choy, chopped	1	head
Walnuts	½	cup
Nutritional yeast	½	cup
Garlic	1	clove
Olive oil	¼	cup
Lemon zest	¾	tsp.
Lemon juice (fresh)	2	tsp.
Salt (divided)	2	tsp.
Pepper	1	tsp.
Cucumber	1	small
Mushrooms	¼	cup
Cherry tomatoes (garnish)	1	pint

Preparation

1. Chop bok choy, mushrooms and cucumbers. Place in bowl and add arugula and toss.
2. Put 1 cup of chickpeas, 2 cups arugula, walnuts, ¼ cup nutritional yeast and garlic in food processor to make the dressing. Process until smooth.
3. While food processor is running, slowly pour in olive oil. Add lemon zest and juice.
4. Add salt and pepper. Continue to process for a few more seconds.
5. Pour dressing into bowl and add remaining chickpeas and mix by hand. Plate the tossed salad. Pour dressing over the salad.
6. If desired, garnish with remaining nutritional yeast and cherry tomatoes.

