



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Beet Pesto

Makes ~2 cups

Ingredients:

2 large red beets (peeled, chopped into ½ inch cubes)
½ cup extra-virgin olive oil
4 garlic cloves
½ cup walnuts
¾ cup grated parmesan cheese
2 TBSP lemon juice
½ tsp salt



Directions:

1. Preheat oven to 375 degrees F.
2. In a small bowl, toss beets in 1 TBSP olive oil. Then transfer onto a lined tray with aluminum foil. Roast beets for ~50 minutes or until soft.
3. Puree roasted beets, garlic, walnuts, parmesan cheese, lemon juice and salt in a blender or food processor. Slowly pour olive oil in as the mixture blends for ~1-2 minutes.
4. Serve beet pesto on top of fish/chicken, whole grain crackers, or with a side of fresh vegetables.

Nutrition Tips:

1. This beet pesto is flavorful, healthful, and packed with antioxidants. Beets are also an excellent source of various vitamins and minerals, such as vitamin C, iron, and magnesium. They are also a great source of dietary fiber, folate, potassium, and magnesium.
2. Consider doubling this nutritious recipe, placing half in a tupperware container and freezing for future enjoyment!

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.