



Makes about 1 cup
Preparation Time: 5 minutes
Cook Time: 5 minutes

INGREDIENTS:

2 cups packed cilantro

¼ cup hulled sunflower seeds,
toasted, optional

1 jalapeño pepper, coarsely
chopped

4 cloves garlic, peeled and
chopped

Zest and juice of 1 lime

Salt to taste

½ package extra firm silken tofu
(about 6 ounces), drained

¼ cup nutritional yeast, optional

Spicy Cilantro Pesto

An appealing alternative to traditional basil pesto, this goes well with a variety of foods.

From *The Forks Over Knives Plan*

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Del Sroufe

- 1 Combine the cilantro, sunflower seeds (if using), jalapeño pepper, garlic, lime zest and juice, salt, tofu, and nutritional yeast (if using) in the bowl of a food processor and puree until smooth and creamy.