

Arugula Pesto

ingredients

2 C arugula

1-2 cloves garlic

1/2 C olive oil

1/2 C walnuts

1/2 tsp. salt

freshly ground black pepper

a gentle squeeze of lemon

preparation

Blend in a food processor or blender until smooth.

what's healing about this recipe?

Arugula contains calcium, vitamin A, and potassium, and is a good source of vitamin K which is nicknamed, "the blood clotting vitamin." As with all dark leafy greens, it is also very high in accessible iron. Arugula is part of the cruciferous plant family. Cruciferous vegetables are known to be high in an anti-cancer compounds called, "glucosinolates" which are powerful stimulators of the body's detoxifying enzymes.

Walnuts, as you've surely heard, are a great source of essential fatty acids, but what you may not know is that walnuts are also extremely high in iron and protein with over 2/3rds of the calories attributed to protein. And get this, just a half cup of walnuts contains 100% of your daily recommendation for manganese. Manganese is needed to help multiple enzymes in a process called gluconeogenesis, a process where our bodies turn digested fats into sugars to burn as fuel.

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