

# PESTO RECIPE

## INGREDIENTS

- 3 cups fresh basil leaves (stems removed)  
(or spinach, cilantro, parsley, cooked  
broccoli, peas or any other green)
- 1/4 cup raw pine nuts (sunflower seeds,  
walnuts, or almonds)
- 1/2 cup Parmesan cheese (grated)
- 1/2 TBS garlic (minced)
- 1/2 cup olive oil
- 1/2 tsp salt (to taste)
- 1/4 tsp pepper (to taste)



## DIRECTIONS:

1. Add basil, seeds or nuts, parmesan, garlic, and olive oil to a food processor. (A magic bullet or blender will work too, but may take longer)
2. Blend until the mixture reaches your desired texture/consistency.
3. Mix in salt and pepper.
4. Use on pasta, pizza, chicken, bread, etc.
5. Pesto can be stored in the fridge in an airtight container for 5-7 days, or in the freezer for 3-4 months.

