

Formula for Basic Pesto

1



Combine 2 c. greens, 4 T. nuts 1/2 t. sea salt, 2 cloves garlic in a food processor or blender and process until finely minced.



2



With the machine running slowly, dribble in 1/3 c. olive oil and process until the mixture is smooth.

3



Add 1/2 c. grated parmesan cheese and process very briefly, just long enough to combine. You can use nutritional yeast to make it vegan. Add more olive oil if you prefer a thinner consistency pesto.

Use any combination of these greens:

Basil	Turnip Greens
Carrot Tops	Spinach
Beet Greens	Kale
Radish Greens	Fennel Fronds

4



Store in the refrigerator for 1- 2 weeks, or freeze in ice cube trays or Ziploc bags (flat) for 6 months.

Nut Options:

Pine nuts	Pecans
Walnuts	Almonds
Macadamia nuts	Peanuts



Spinach Basil Pesto

Adapted from Two Peas and Their Pod

INGREDIENTS:

4 cups spinach

2 cups basil

2 cloves garlic

1 Tbs lemon juice

$\frac{1}{4}$ cup parmesan cheese

$\frac{1}{2}$ tsp sea salt

$\frac{1}{2}$ tsp black pepper

$\frac{1}{3}$ cup olive oil, 1 Tbs olive oil

DIRECTIONS:

Pulse garlic and nuts in a food processor until a coarse paste forms.

Place the spinach, basil, garlic, garlic, lemon juice, parmesan cheese, salt, and pepper in a food processor or blender. Turn on the machine and blend for 30 seconds.

Slowly stream in the olive oil while the machine is running. Process until smooth. Enjoy.



Kale Walnut Pesto

Adapted from Epicurious

INGREDIENTS:

2 cups packed torn kale leaves, stems removed

1 cup packed fresh basil leaves

1 tsp sea salt

¼ cup olive oil

¼ cup toasted walnuts

4 cloves garlic, chopped

½ cup grated parmesan cheese

DIRECTIONS:

In a food processor, combine the kale, basil and salt. Pulse 10-12 times, until the kale leaves are finely chopped.

With the motor running, drizzle in the olive oil. Scrape down the sides of the processor.

Add in the walnuts and garlic and process again, then add the cheese and pulse to combine.



Carrot Top Pesto

Adapted from Bon Appetit

INGREDIENTS:

- ½ cup (packed) fresh basil leaves
- 2 cups carrot tops (leaves)
- ¼ cup finely grated parmesan cheese
- 1 garlic clove
- 3 Tbs macadamia nuts or pine nuts
- ½ cup olive oil

DIRECTIONS:

Pulse garlic and nuts in a food processor until a coarse paste forms.

Add basil, parmesan, and carrot tops; process until well blended.

Add olive oil and pulse until combined, season with salt and pepper to taste.