

Fresh Greens Pesto

Recipe inspired by "TheKitchn.com" – *This recipe can use a variety of greens. Get creative, and use what you have on hand!*

Ingredients:

- ½ cup sunflower seeds or chopped walnuts, almonds, pecans – raw or toasted
- 8 ounces greens (kale, collard, basil, cilantro, carrot tops, parsley, spinach, mint, arugula, or a mix!) – trimmed, rinsed, chopped
- *Optional:* 1 cup shredded Parmesan cheese, tofu or nutritional yeast
- ½ cup olive or vegetable oil
- 4 cloves garlic
- 2 teaspoons lemon juice
- 1 teaspoon salt
- ½ teaspoon pepper

Method:

1. Toast nuts (optional step): Heat nuts in dry skillet over medium heat until lightly golden and fragrant. Let cool before pureeing.
2. Blanch kale (optional step): Put chopped kale in boiling water for several minutes, until limp. Drain, rinse with cold water, and drain again.
3. Put all ingredients (except greens) in blender or food processor and blend until smooth. Add oil slowly until desired thickness is achieved.
4. Use on top of pasta or roasted veggies, as a sandwich spread, or pizza sauce. – Enjoy!

More recipes can be found at: www.hopelink.org/need-help/food/healthy-recipes

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