

Just Call It Pesto

Culinary Medicine, Nutrition Services

Yields: 1 cup

Equipment: food processor, spatula

Ingredients

2 cups fresh green herbs (whatever you have!)

1/4 cup nuts or seeds (whatever you have!)

1/4 cup parmesan cheese (if you have it)

2-3 cloves garlic (if you have it)

1/2 cup extra virgin olive oil

To taste: salt, pepper, lemon juice

Instructions

1. In a food processor, add solid ingredients and pulse.
2. Turn the processor on and slowly drizzle in olive oil until it is as loose as you like.
3. Taste and season with salt, pepper, lemon.
4. Use immediately or freeze.

See variations on the back!



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Just Call It Pesto!

SPRING GARLIC SCAPE PESTO

Ingredients

1 cup garlic scapes, chopped

1/4 cup sunflower seeds

1/4 cup parmesan cheese

1/2 cup basil leaves

1/2 cup extra virgin olive oil

To taste: salt, pepper, lemon juice

CLASSIC PESTO

Ingredients

2 cups fresh basil leaves, picked

1/2 cup parmesan cheese, shredded

1/3 cup pine nuts

3 cloves garlic, minced

1/2 cup extra virgin olive oil

To taste: salt, pepper, lemon juice



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