Recipe Formulas

PESTO 101



1 part nuts, toasting optional (1/2 cup)

TRY WITH: Walnuts, almonds, macadamia nuts, pecans, pistachios, sunflower, pumpkin or sesame seeds, peanuts, pine nuts.

8-12 parts packed fresh herbs/greens (4-6 cups)

TRY WITH: Parsley, cilantro, arugula, dandelion greens, broccoli raab, garlic scapes, kale, collards, chard, radish tops, beet greens, spinach, peas.

1 part cheese (1/2 cup)- hard, salty, aged

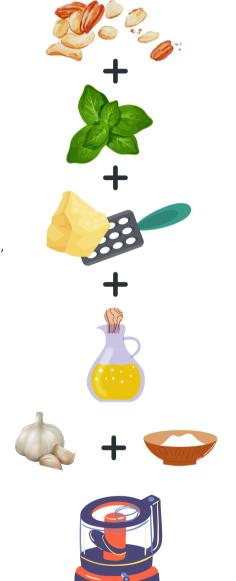
TRY WITH: Parmesan, Pecorino Romano, aged manchego, aged gouda, aged cheddar, cotija, Grana Padano, aged Asiago

2 parts oil (1 cup)

TRY WITH: olive oil is traditional or try sunflower, canola, or any other neutral oil.

1-3 cloves of peeled garlic, and salt to taste

- Pulse nuts, garlic, cheese and half of oil in food processor.
- Add herbs/greens. Pulse.
- Slowly add more oil. Pulse.
- Season with salt; taste & adjust: add more of any ingredients to taste.



10 Ways to Use Your Pesto:

1. Toss with pasta. 2. Toss with sautéed beans. 3. Add to eggs before scrambling. 4. Use as a spread on sandwiches and wraps. 5. Pesto mashed potatoes. 6. Make a dip by stirring into sour cream or yogurt. 7. Use it as a sauce for your handmade pizza. 8. Add to buttermilk to make a salad dressing. 9. Spread on baked chicken or fish. 10. Garnish soup.