

Pesto

Pesto is an excellent condiment to keep on hand. It can be used to brighten chicken, fish, salads, roasted veggies, eggs, sandwiches and more.

Prep Time: 20 minutes

INGREDIENTS

Yield: 8-10 servings

- 1 bunch basil
- 3-4 cups kale, spinach or any greens or combination
- 1/2 cup raw pine nuts, walnuts or peptias (this recipe works with any nuts or seeds)
- 1/2 cup grated parmesan (can also use nutritional yeast)
- 2 cloves garlic
- Juice of 1 lemon
- 1 tsp sea salt or more to taste
- 1/2 cup extra virgin olive oil or more to your desired consistency



Cook time: No cooking

PREPARATION

- Remove stems or spines from basil and greens. Pat dry with paper towels or use a salad spinner to release the excess water.
- Place greens in the food processor, you may need to add a little at a time. Or, for a more authentic method, use a mortar and pestle.
- Add the rest of the ingredients to the food processor and blend well.
- Drizzle in a little more olive oil if desired and taste it to adjust the seasoning.
- Add a little extra olive oil on top to preserve green color, place in a mason jar with a tight lid and store in refrigerator. For best flavor use within 3-5 days.
- Use on grilled fish or chicken; add to sandwiches, eggs or soup for extra zest. Drizzle over fresh tomatoes and mozzarella.

Nutrition and Recipes created by Paula Montagna, MS, RD, CDN, CNSC, Director of Clinical Nutrition at Stony Brook Southampton Hospital