

Pick Your Pesto

This classic, fresh-tasting sauce is typically made with basil, garlic, pine nuts, Parmesan, and olive oil. Experiment with various greens, herbs, nuts, and cheese to find a flavorful and versatile sauce that you enjoy! Store extras in the fridge for later use.

5 Oil:
Add 1/2 cup extra-virgin olive oil and blend until smooth.



4 Seasoning:
Add 1/4 teaspoon salt + 1/2 to 1 teaspoon of the following. Choose up to 3.



3 Cheese:
Add 1/2 cup of grated cheese, pulse in blender to combine.

If using nutritional yeast instead, add 2 to 3 tablespoons.



2 Nuts or Seeds:
Toast 1/3 cup of nuts or seeds in a dry skillet until lightly browned; let cool. Pulse in a food processor or blender until finely ground and incorporated into the base.

For a creamy pesto, soak nuts in warm water for at least 4 hours. Drain before using.



1 Base:
Add 2 cups of greens as a base. Choose up to 3.



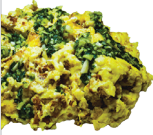












OR



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- Great way to use extra greens or herbs that you may have around.
- Pesto freezes well! Freeze extras in small portions, such as an ice cube tray, and then store in plastic freezer bags for up to 3 months.
- Pesto can add delicious flavor to just about any dish or item: poultry, fish, eggs, toast, pasta, beans—the list is endless.
- Use seasonal greens.

Ideas

	Traditional	Creamy Vegan	Spinach and Seeds
	 <p><i>A classic!</i> Scrambled Eggs and Pesto</p>	 <p><i>Fully vegan, but still very creamy</i> Veggie Sandwich and Pesto</p>	 <p><i>Nut-free—use leftover spinach</i> Pasta and Pesto</p>
5 Oil 1/2 cup	 <p>Olive oil</p>	 <p>Olive oil</p>	 <p>Olive oil</p>
4 Seasoning 1/4 teaspoon salt 1/2 to 1 teaspoon of other seasonings	 <p>Garlic</p>	 <p>Lemon zest Red pepper flakes</p>	 <p>Thyme, fresh or dried</p>
3 Cheese 1/2 cup	 <p>Parmesan</p>	 <p>Nutritional yeast <i>If using nutritional yeast, add 2 to 3 tablespoons.</i></p>	 <p>Smoked Gouda</p>
2 Nuts or Seeds 1/3 cup	 <p>Pine nuts</p>	 <p>Cashews <i>For a creamy pesto, soak nuts in warm water for at least 4 hours. Drain before using.</i></p>	 <p>Sunflower seeds</p>
1 Base 2 cups	 <p>Basil</p>	 <p>Parsley Arugula</p>	 <p>Spinach</p>



OR

