

Pesto Sauce



Time: 5-10 Minutes

Yield: 2 Cups, about

Difficulty: Easy

Ingredients

Equipment

4 cups	Fresh basil leaves, packed	1	Chef knife
2-3 cloves	Garlic, peeled & whole	1	Food processor or high-powered blender
1 cup	Pinenuts or walnuts, lightly toasted	1	Medium saute pan or baking sheet
2-4 Tbsp	Fresh lemon juice	1 set	Measuring Spoons
pinch	Black Pepper, ground	1 set	Measuring Cups
1 tsp	Salt - kosher or sea salt	1	Cheese grater
½ cup	Parmesan cheese, grated	1	Spatula
½ cup	Extra virgin olive oil	1	Lemon squeezer (optional)

Procedure

- 1 In a medium saucepan, toast the nuts over medium-low heat for 2-3 minute until fragrant and starting to change color, being very careful not to burn them! Remove from heat immediately and set aside.
- 2 Place garlic cloves in a food processor and pulse until garlic is well chopped. Using a spatula, scrape down the sides. Add toasted nuts, lemon juice, salt and pepper and pulse until well chopped.
- 3 Add the basil leaves and pulse until combined.
- 4 With the food processor running, drizzle in the olive oil a little at a time until well combined. Add in the grated cheese and pulse until it is well incorporated. For a thinner, smoother pesto, add more olive oil.
- 5 Taste and add more salt, pepper, lemon juice, cheese or oil until desired taste and consistency are achieved. Remove from the processor and transfer to a serving bowl.

Common Variations:

- Instead of basil, sub fresh spinach, parsley, cilantro, mint
- Replace half the basil with 1 cup of kale, arugula, raw zucchini or peas
- Replace half the basil with half an avocado, 1 roasted red pepper or 4 artichoke hearts
- Instead of pine nuts, sub walnuts, almonds, pistachios, pecans, pepitas or hemp seeds
- Instead of parmesan, sub pecorino romano, grana padano, smoked gouda or nutritional yeast
- To add additional flavor, add a pinch of red pepper flakes, 1 charred jalapeno or serrano pepper, or 1-2 Tablespoons of sun dried tomatoes
- If pesto taste is too sharp, add a splash of honey, agave or maple syrup