

Choose Your Own Adventure Pesto



Classic pesto uses basil, pine nuts, and parmesan, but this version provides options for other greens, nuts or seeds, and cheeses, which allows you to use what's in season and what you have on hand.

YIELD 9 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

3 Tbsp	Extra Virgin Olive Oil
3 Tbsp	Water
3 Tbsp	Nuts and/or Seeds (Walnuts, Pine Nuts, Sunflower, Pumpkin, etc.)
4 cups	Basil (or combination with Spinach, Arugula, Kale, Carrot Tops, Parsley, Cilantro, etc.)
2 cloves	Garlic, fresh
4 Tbsp	Parmesan Cheese (or any aged hard cheese), grated or Nutritional Yeast
½ each	Lemon, juiced & zested
¼ tsp	Kosher Salt
To taste	Black pepper, freshly ground
¼ tsp	Red Pepper Flakes (optional)

CHEF'S NOTES

Making a pesto is fun and easy and you can customize the flavor to your liking!

Using toasted nuts/seeds adds a nutty depth, while using a combination of greens allows you to add some extra sweetness (ex. spinach) or more bitterness (ex. arugula).

By layering most of the wet ingredients to the blender to start, you will have an easier time blending everything into a smooth texture. You can blend for a longer time if you want a smoother sauce, or pulse for a short time if you like a chunkier texture to your pesto.

Pesto can be kept in an airtight container for up to two weeks in the refrigerator.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Place all ingredients in a blender or food processor in the order listed above and puree. Blend in 20 second intervals, scraping down the sides of the blender in between pulses. Repeat this process until your desired consistency is reached. If the mixture is too thick, add a tablespoon of water at a time.

Nutrition Facts

9 servings per container

Serving Size 2 Tbsp (29 g)

Amount per serving

Calories 70

% Daily Value *

Total Fat 7g 9%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol less than 5 mgmg 0%

Sodium 105mg 5%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g 3%

Vitamin D 0.01mcg 0%

Calcium 50mg 4%

Iron 0.44mg 2%

Potassium 53mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*: Basil Pesto (10/3/18)



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