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.

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<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
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<tr>
<td>9 SERVINGS</td>
<td>15 MIN</td>
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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.
Recipe adapted from *Health meets Food: Basil Pesto (10/3/18)*