

NETTLE PESTO (NESTO)

MAKES ABOUT 2 CUPS

PREP TIME: 20 MIN

INGREDIENTS

2 1/2 cups Nettles
2/3 c Walnuts, and/or sunflower seeds
2 cloves garlic, roughly chopped
1/2 Lemon
1/4 tsp. Salt
1/8 tsp. Black pepper (a few turns of a pepper grinder)
1/3 c Olive oil + extra
1/3 cup Parmesan cheese (optional) OR
1/4 cup Nutritional Yeast (optional)



DIRECTIONS

1. Using gloves and tongs, drop nettles into a large pot of boiling salted water. Blanch for 3 minutes.
2. Remove nettles from pot and place in an ice bath.
3. Squeeze all the water out of the nettles and give them a chop.
4. In a blender or food processor, add nettles, walnuts and/or seeds, garlic, lemon juice, salt and pepper. Pulse a few times until combined and scrape down the sides.
5. Slowly add oil and blend until mostly smooth, stopping to scrape the sides occasionally. You may need a bit more oil.

- For a cheesier pesto, add in 1/3 cup of Parmesan or 1/4 cup of Nutritional Yeast and pulse until blended.



**FRESH
ROOTS**