

# Pesto



Pesto originates from Italy, with the main ingredients being basil and olive oil which create a lovely pasta or pizza sauce. Pesto is one tasty way to get greens into your diet, and while it is typically made with fresh basil, like the one we make at the Community Kitchen, you can mix in other greens like kale or spinach too! Leafy green vegetables are often rich in iron, vitamin k, folate, and carotenoids, which are important nutrients and minerals for your body.

Pesto is very versatile so play around with your sauce. In addition to adding kale, arugula, or spinach, you can add nuts (pine nuts, walnuts, cashews) which can add proteins to your sauce and parmesan cheese for taste. A little bit of fresh lemon juice can help to lighten the overall flavor, enjoy.

# Pesto Pasta

## Ingredients

- 2.5 c. fresh basil
- 1/3 c. parmesan  
cheese
- 1/4 c. olive oil
- 1-2 cloves of garlic,  
minced

## Directions

1. Rinse basil and remove stems.
2. Add all ingredients except olive oil into a food processor.
3. Blend ingredients in food processor while slowly pouring in the olive oil

## Tips

This should be enough pesto for 1/2 lb of pasta, about four 1 c. servings of cooked pasta

If you want to serve this as a main dish, adding chicken or shrimp is a tasty way to bulk up the dish.

