

PESTO PARTY

You can make pesto out of many more things than just basil. Anything blended with garlic, a seed or nut and oil is a delicious pesto. Some options are: sundried tomato, roasted carrot and sweet pepper, kale or chard or roasted beet. Below are two of those recipes.

Kale or Chard Pesto

½ cup nuts or seeds (sunflower, pumpkin, almond, walnut etc..)

1-3 garlic cloves

1 tbsp nutritional yeast or ¼ cup grated parmesan

¼ teaspoon sea salt

black pepper in amount of your preference

2 packed cups chopped curly kale and or swiss chard

2 tablespoons lemon juice or vinegar

½ cup oil (olive oil, sunflower oil, grapeseed, etc...)

Instructions

In a food processor or blender, pulse the nuts or seeds and garlic until they're ground up. Toast the nuts or seeds if you prefer. Add the cheese or, salt, and black pepper to taste and pulse again.

Add the kale or chard and lemon juice. With the food processor or blender running, drizzle in the oil, until combined. Season to taste.

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Beet Pesto

2 medium red beets, roasted

2-3 garlic cloves

¼ cup nuts or seeds (sunflower, pumpkin, almond, walnut etc..)

¼ cup oil (olive oil, sunflower oil, grapeseed, etc...)

⅓ cup nutritional yeast or ½ cup parmesan cheese

salt and pepper to taste

Instructions

Preheat the oven to 375°F

Wash and scrub the beets. Peel and cut roughly into cubes, wrap in tin foil and place on a baking sheet. Bake for 40-50 mins. Let cool.

In the meantime, roast the nuts or seeds in a frying pan with 1 tbsp oil until lightly browned.

Add all the ingredients except the oil in a food processor or blender, and pulse several times. Leaving it running, slowly add the oil until ingredients are well combined. If the pesto is a little bit too thick, add some oil or water until desired consistency is reached.

Season with salt and pepper and blend well.

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