

THE ULTIMATE PESTO GUIDE

Pesto basically indicates a flavorful paste made from crushed herbs, nuts and aromatics, the word pesto stemming from a Italian verb meaning to pound or crush. "Pesto genovese" is the classic variation that comes to mind when you think pesto. It includes sweet basil, pine nuts, parmesan cheese, garlic, salt and olive oil. Using this traditional recipe as a base, you can create numerous varieties of uniquely flavored pesto.

CLASSIC PESTO GENOVESE

3 cups of basil + 1/2 cup pine nuts + 1/2 cup grated parmesan + 2 cloves garlic + 1/4 tsp salt + 1/2 lemon, juiced + 1/3 cup extra virgin olive oil

PARSLEY-SPINACH PESTO

2 cups parsley
5 cups spinach
1/4 cup pine nuts
1/4 cup asiago cheese
2 garlic cloves
1/2 lemon, juiced
1/4 tsp salt
1/3 cup extra virgin olive oil

SUN-DRIED TOMATO PESTO

1 cup sun-dried tomatoes in oil
1 cup basil
1/3 cup grated parmesan
1/4 cup pine nuts
2 garlic cloves
2 tbsp red wine vinegar
1/4 tsp salt
1/4 cup extra virgin olive oil

VEGAN ARUGULA PESTO

3 cups arugula
1/3 cup walnuts
2 garlic cloves
1/2 lemon, juiced
1/2 tsp salt
1/2 cup extra virgin olive oil

MINTY PISTACHIO PESTO

3 cups mint leaves
1/3 cup pistachios
1 garlic clove
1/2 lemon, juiced
1/4 tsp salt
1/2 cup extra virgin olive oil

THAI BASIL PESTO

2 1/2 cups thai basil
1/2 cup cilantro
1/3 cup peanuts
2 garlic cloves
1/2 lime, juiced
1/4 tsp salt
1/2 tsp red chili flakes
1/3 cup extra virgin olive oil

BEETROOT PESTO

1 lb beets, peeled and roasted
1/2 cup grated parmesan
1/3 cup walnuts
2 garlic cloves
1/2 lemon, juiced
1/4 tsp salt
1/4 tsp red chili flakes
1/4 cup extra virgin olive oil

LOOKING FOR IDEAS TO USE UP ALL OF YOUR PESTO?

Stirred into cooked pasta / Marinade for meat, fish or grilled vegetables / Spread on sandwiches, or in a quesadilla / Use as a pizza sauce/ Spread on a baguette
Stir Thai Basil Pesto into stir-fried vegetables or noodles

Basic Pesto Formula

Base

Herbs, leafy greens (spinach, arugula, kale), vegetables (beets or sun-dried tomatoes)



Nuts or seeds

Pine nuts, walnuts, almonds, pistachios, pumpkin seeds



Cheese

Parmesan, Asiago, Manchego (or skip the cheese)



Flavors add-ins

Garlic, citrus, red pepper flakes, salt and pepper



Oil

High quality, flavorful oil like extra virgin olive oil

How to prepare

Place everything besides oil into a food processor. Pulse until it forms a coarse paste. While blending slowly, drizzle in olive oil until pesto reaches desired consistency.

Store pesto in fridge for up to a week. Freeze for long term storage, and use ice cube trays for single servings.

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