

BASIL PESTO



DIFFICULTY

EASY



TIME

15 MIN



SERVES

4

Pesto is one of those year 'round recipes you can make and pair with any dish from breakfast omelets to pesto pasta, pesto sandwiches, pesto salads and pesto pizzas. This recipe uses walnuts, which are rich in omega-3 fatty acids. Omega-3 fatty acids are important for brain health and considered anti-inflammatory. When paired with greens and garlic, you boost the antioxidant activity. In addition, adding nutritional yeast, which is low-sodium, and full of B vitamins makes this a fully plant-based pesto. Enjoy over the next 7 days or freeze up to 3 months.

INGREDIENTS

1 cups basil
½ cup greens (spinach, kale, carrot tops, mint, arugula, etc.)
2 garlic cloves
1 cup walnuts, pistachios or pepitas (or any nut/seed you have on hand)
½ cup nutritional yeast or ½ cup packed Parmesan cheese
½ tsp salt
1 tsp lemon juice (optional)
½ cup olive oil
1-2 tsp water to adjust consistency (optional)

DIRECTIONS

1. Add all greens, garlic cloves, walnuts, salt and nutritional yeast in the food processor or mortar pestle until completely mixed together.
2. Add in olive oil slowly.
3. Add lemon juice or water if using in a dressing.

Tip: Nutritional yeast can be swapped for Parmesan cheese. This adds more B vitamins, fiber, and lower saturated fat to the recipe. B vitamins are involved in important bodily processes, such as metabolism, energy production, DNA synthesis, brain function, hormone regulation, and making blood cells.



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