

Garden Clean-Up Pesto

3 cups of mixed greens
1/4 cup hemp hearts or sunflower seeds
1/4 cup nutritional yeast
2-4 garlic cloves
1/4 cup canola oil
juice of 1 lemon or approximately 3 tbsp of lemon juice
salt to taste

Today I had to tidy up my container garden and I was able to make pesto with all the greens I pulled out. I had to thin my carrots, pull out some arugula that was starting to bolt, pinch back basil, harvest a couple of radishes and pull out a nasturtium that had gotten too big. I washed all of these greens, added some seeds, nutritional yeast, garlic, oil, and lemon juice and made a delicious pesto.

To prepare, mix all of the ingredients in a food processor until fairly smooth. Add salt to taste and serve over pasta or on your next sandwich. This recipe can be made with almost any type of leafy herb or green. This recipe yields about 2/3 cup of pesto.

A note on ingredients: traditionally pesto is made with olive oil and pine nuts. I, like many of you, don't have pine nut money so I use hemp hearts or sunflower seeds when I make pesto. I didn't have any olive oil in the house, so I used canola and it worked well.