

Fresh Garden Pesto

Prep time: 10 minutes Makes: 1 cup

Ingredients:

½ c. of olive oil
2-3 cloves of garlic
Bunch of Basil, cilantro, swiss chard, parsley or arugula
Handful- pine nuts (sunflower seeds, walnuts or cashews make an affordable substitute)
¼ cup Fresh parmesan or asiago cheese, grated
Juice of ¼ lemon (optional)
Salt to taste

Directions

Combine the basil, garlic, and nuts in a food processor or blender and pulse until coarsely chopped. Add oil and blend until smooth. Season with salt and pepper. Stir in cheese and lemon juice and serve. Can be stored in the fridge for 3 days or in the freezer for several months.

Storage tips:

- *If you plan to freeze your pesto, hold off on adding cheese until after it is de-thawed and ready to eat.
- *You can pour your pesto into ice cubes trays, freeze, then store cubes of pesto in freezer safe baggies. Or you can pour directly into baggies or Tupperware. Freezer burn tends to occur after 3 months.

Veggie Wraps w/ Homemade Pesto

Prep time: 10 minutes Makes: 4 wraps.

Ingredients:

4 tortillas (preferably whole grain)
1 c. pesto (see attached recipe)
2 c. salad mix, spinach or your favorite greens
1 c. radish, turnips and/or cucumber sliced lengthwise
1 c. shredded carrots and/or beets
4 oz of cheese sliced

Directions:

Spread about 3 tbsp of pesto on each tortilla, layer with cheese, followed by salad mix over top, followed by cucumber, radishes, beets, and carrots. Roll the wrap and enjoy.

Chefs' Note:

- *This wrap is also delicious with grilled vegetables such as summer squash, eggplant, onions, and tomatoes.
- *More protein can be added with sliced turkey, chicken or bacon
- *For extra creaminess, add avocado slices.
- *Gluten-free recipe uses large chard leaves to wrap the vegetables instead of tortilla



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