



Sprouted Pumpkin Seed Pesto Genovese

Even tree nut enthusiasts will enjoy this recipe. The lemon juice is a unique ingredient not normally found in pine nut variations. Try it in pasta dishes or Caprese salads. Also a great base for a dip.

YIELD: 4 CUPS

Ingredients:

1 cup sprouted pumpkin seeds
½ cup olive oil
4 large cloves garlic, smashed
8 cups lightly packed herbs such as 6 cups basil, 1 ½ cups Italian parsley, ½ cup mint
1 ½ cups shredded Parmesan
1 cup olive oil
1 ½ tsp sea salt
1 tsp black pepper
Juice of one lemon

Method:

- Preheat a stainless steel skillet on medium heat. Add pumpkin seeds and toast until slightly golden, about 5 minutes.
- Add ½ cup olive oil and garlic cloves, simmer on low heat 1-2 minutes to mellow garlic.
- Add herbs to a food processor, skillet ingredients next, then everything else. Pulse about ten times, then spin about 30 seconds to create a smooth sauce. Taste for seasonings.
- Divide into four 1-cup portions and refrigerate or freeze.

Pesto Chicken & Wilted Greens Pasta:

- Cook 1 lb. dried pasta one minute less than package directions.
- Reserve one cup pasta water and drain.
- Add pasta back to pot on low heat with ½ cup pasta water.
- Stir in 1 cup pesto. For a creamier sauce, add a few tablespoons of cream cheese!
- Add shredded meat from ½ a rotisserie chicken plus 8-10 oz. power greens.
- Keep stirring until greens are wilted, 2-3 minutes.
- Add more pasta water if too thick.
- Taste for seasonings - may need a few pinches of salt and some red pepper flakes.