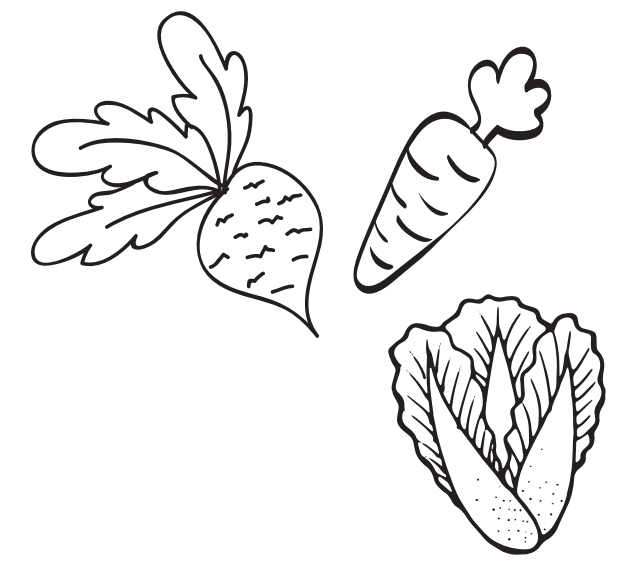


Create a Recipe

Pesto edition!



1

Mince 2 cups of greens, and put them in a bowl.

- | | |
|---|---|
| <input type="checkbox"/> carrot tops | <input type="checkbox"/> parsley |
| <input type="checkbox"/> beet greens | <input type="checkbox"/> baby kale |
| <input type="checkbox"/> mustard greens | <input type="checkbox"/> arugula OR |
| <input type="checkbox"/> basil | <input type="checkbox"/> another green: _____ |

2

Mince one clove of garlic, and add it to the bowl.

3

Add 1/2 cup of cheese:

- parmesan cheese (or any aged cheese)
- nutritional yeast **OR**
- vegan cheese

4

Add 1/4 cup of nuts or seeds to the bowl:

- | | |
|--|---|
| <input type="checkbox"/> pumpkin seeds | <input type="checkbox"/> walnuts |
| <input type="checkbox"/> sunflower seeds | <input type="checkbox"/> pine nuts OR |
| <input type="checkbox"/> almonds | <input type="checkbox"/> another nut or seed: _____ |

5

Add 1 tablespoon of an acid to the bowl:

- lemon or lime juice
- white wine or red wine vinegar
- apple cider or malt vinegar **OR**
- another acid: _____

6

Add 1/2 cup of an oil:

- olive oil
- avocado oil
- rapeseed oil **OR**
- another oil: _____

7

- Add 1/2 teaspoon of salt and 1/4 teaspoon of pepper.
- Blend everything in a blender or food processor until smooth **OR** mince all ingredients on a cutting board and mix together.
- Use your pesto on pasta, on sandwiches, or as a tasty topping for tofu, meat, or fish!

My Pesto Recipe

What is in your pesto?

Equipment needed:

- Blender, food processor, or a zipper bag and rolling pin
- Cutting board and knife
- Measuring cups and measuring spoons
- Knife or scissors

Ingredients:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Instructions:

1. Clean your greens and use knife or scissors to cut into very small pieces.
2. Place all ingredients in your zipper bag. Squeeze out the air and seal it tight, then use a mug or rolling pin on the outside of the bag to crush your pesto.
3. Use a spoon to taste your pesto, and adjust the flavours to your liking.

Remember: different choices make different pestos. If you feel your pesto came out a bit bland; add some salt and/or some more acid. Is your pesto too liquidy? Add some more nuts or seeds. Experiment with different flavours. You have the power to make it taste how you like it!

