

# NASTURTIUM PESTO

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Serves 8

## **INGREDIENTS:**

50 large nasturtium leaves or twice as many if small

¼ cup pistachios or favorite nut (works wonderfully with sunflower seeds)

½ cup olive oil

½ cup Parmesan cheese

1 tablespoon lemon juice

salt and pepper to taste

## **DIRECTIONS**

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Wash the nasturtium leaves and shake them dry (they can be slightly wet).

Toast the nuts/seeds (it intensifies their flavor and I love it) - put them in a dry pan over medium heat, stirring every 30 seconds or so. Cook for 2-3 minutes - until they start to smell good. Then take them off the heat, or they will burn (fast!)

Fill your food processor up  $\frac{3}{4}$  of the way, loosely, with leaves. Blend until they are chopped. Add more leaves, blend. Continue this until all of the leaves are blended up.

Add in the nuts/seeds and lemon juice. Blend until finely chopped.

Add in the cheese and half the oil. Blend.

Add more oil until it's the desired consistency. This will highly depend on how much nasturtium you used.

Taste. Add salt, black pepper, more nuts or more cheese until you like how it tastes.