



WellBeingMD's Mindful Kitchen

Ramp Pesto

Adapted from food52.com

Serves 4-6



Ramps can be a bit confusing. With a short spring harvest, they're not quite a scallion or a leek; neither garlic nor onion. But ramps are fresher, more pungently scented, but sweeter and more mildly flavored than their fellow alliums. They get along especially well with butter, and pair nicely with pork, eggs, toast, and all sorts of other vegetables. When buying fresh ramps, look for bright leaves and no wilting. Wash them with cold water and dry well before wrapping them in a slightly moist paper towel and placing in a plastic bag. They only last about three days, so use them quickly.

Ingredients

- 1 bunch of ramps
- 1/2 cup walnuts (toasted)
- 1/3 cup olive oil
- 1/2 cup grated Parmigiano Reggiano cheese
- sea salt
- pepper
- a squirt of lemon

Directions

1. Wash and cut off the leaves of the ramps.
2. To heated pan add walnuts; toss until toasted (fragrant aroma should appear)
3. Optional step: blanche the ramp leaves in boiling water. Some say this makes the pesto more bright and vibrant. I think it's plenty beautiful either way.
4. Chop the ramps and walnuts just a bit and put them in your food processor.
5. Add most of the cheese (save a sprinkle for serving) and a good dash of salt and pepper.
6. Pouring the olive oil in slowly, process contents until they combine and look, well-blended.
7. Taste for seasoning and add a good squirt of lemon.
8. Use to top your favorite vegetables, pasta, or grilled beef, poultry or fish and enjoy.

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Home of "The Mindful Kitchen"

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