



WellBeingMD's  
Mindful Kitchen

## Parsley Basil Pesto

Adapted from Chowhound.com



### Ingredients:

- 1/4 cup **pine nuts**, toasted \*
- 1/2 teaspoon **kosher salt**, plus more as needed
- 1/4 teaspoon freshly **ground black pepper**, plus more as needed
- 1 medium **garlic clove**, minced
- 1 cup packed fresh **basil leaves** (from about 1 large bunch)
- 1/4 cup packed fresh **Italian parsley leaves**
- 1/2 cup **extra-virgin olive oil**
- 1/4 cup finely **grated Parmesan cheese** (about 1 ounce)

\*Any of the following may be substituted:

**walnuts, almonds, pumpkin seeds, sunflower seeds or hemp seeds.**

### Instructions:

1. Place the nuts in the bowl of a food processor fitted with a blade attachment and process until finely ground, about 20 seconds. Scrape down the sides of the bowl using a rubber spatula. Add the measured salt and pepper, garlic, basil, and parsley; process until puréed, about 15 seconds; and scrape down the sides of the bowl.
2. With the processor running, slowly add the oil in a thin stream until incorporated. Add the Parmesan and pulse a few times to incorporate. Taste and season with additional salt and pepper as needed. If not using immediately, place plastic wrap directly on the surface of the pesto and refrigerate, tightly covered, for up to 2 days. The pesto can also be frozen in small containers.
3. Serve with zucchini pasta, veggie dip or as a dressing for a cucumber salad.

## 10 Health Benefits of Parsley



1. Improves Immunity
2. Full of Iron [www.healthyhubb.com](http://www.healthyhubb.com)
3. Helps Wounds Heal Faster
4. Keeps Your Eyes Bright and Sparkly
5. Promotes a Healthy Heart
6. Balances Body Fluids
7. Full of Antioxidants
8. Helps to Control Arthritis
9. Keeps Your Teeth and Gums Healthy
10. Great for Digestive Health

[www.healthyhubb.com](http://www.healthyhubb.com)

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Home of "The Mindful Kitchen"

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