



RECIPE



STINGING NETTLE PESTO

INGREDIENTS:

- 1 bunch of fresh basil
- 5-6 cups of fresh nettles, rinsed
- ½ cup grated Parmesan or Romano cheese
- 1/4 - 1/3 cup pine nuts (or walnuts or pecans)
- Juice of half a large lemon
- 1/3 cup Extra Virgin Olive Oil
- Salt and pepper to taste

DIRECTIONS:

- Blanch rinsed nettles in boiling water for 1 minute, immediately transfer to ice bath to stop cooking process.
- Let cool, squeeze out excess water, then roughly chop.
- Put basil, cheese, nettles, nuts and lemon juice in blender or food processor.
- Pour olive oil in while running. Blend until a creamy bright green consistency.
- Fill jar and cover with a small bit of olive oil and put lid on. Can be stored in fridge for a few weeks.