

Walnut Parsley Pesto

Prep Time: 15 minutes

Cooking Time: 0 minutes

Yields: 1 1/4 cups

Prep Notes: none

Category: Condiment, Spread

Source: Simply Recipes

The Ingredients

- 1 cup shelled walnuts, about 3 1/2 ounces
- 2 cups chopped parsley, about 1 bunch
- 1/2 cup grated pecorino or parmesan cheese
- 3 cloves garlic, roughly chopped
- 1/2 teaspoon salt
- Pinch of organic coconut sugar
- 1/2 cup extra virgin olive oil



Directions

- Place the walnuts, parsley, cheese, garlic, salt, and sugar in a food processor and pulse for a few seconds to combine. Scrape down the sides of the bowl and pulse again.
- Drizzle in the olive oil while the machine is running just long enough to incorporate the oil, about 20-30 seconds.
- Serve immediately or place in a mason jar. It will last several days chilled.
- Use with pasta, or as a spread on bread, toast, or crackers.

