

Farmer's Market Dandelion Walnut Pesto

By Uplift Nutritionist

Beautiful and bright green pesto is an easy and tasty way to incorporate seasonal herbs and greens into your favorite recipes. If you cannot find dandelion greens, try this recipe with basil, spinach, kale, or even carrot tops.

Ingredients

1 bunch dandelion greens, tough stem ends removed

1 C baby spinach

$\frac{3}{4}$ C olive oil

4 cloves garlic, peeled

$\frac{3}{4}$ C toasted walnuts

1 tsp nutritional yeast

2 tsp salt

Freshly ground black pepper to taste

$\frac{1}{2}$ C grated parmesan cheese

Zest of 1 lemon

Juice of half a lemon



Instructions

In a small pan over medium-low heat, toast the walnuts until golden brown. This should take about 5-10 minutes. Set aside to cool.

In a food processor, blend the dandelion greens with the toasted walnuts, parmesan cheese, and garlic until finely chopped.

Scrape down sides and add the spinach, nutritional yeast, salt, pepper, lemon zest, and lemon juice. Blend until a paste forms.

With the motor running, slowly drizzle in the olive oil until desired consistency is reached. Scrape down the sides and pulse until combined and uniform in texture.

Taste and adjust salt and pepper as desired.

Use right away or store in the fridge in an airtight container for 1 week or freeze for several months. Use on pizza, pasta, salads, or as a dip!

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