



8 servings



15 minutes

chickweed pesto

ingredients:

1/2 cup pine nuts {or other nuts or hemp hearts}
3 cups fresh chickweed
2 garlic cloves
1 teaspoon honey
juice of 1/2 lemon
zest of 1/2 lemon
1/2 teaspoon sea salt
1/2 cup extra virgin olive oil
1/4 cup grated parmesan cheese, nutritional yeast or other cheese

instructions:

1. Combine the nuts, chickweed, honey, garlic, lemon juice, lemon zest, and a hefty pinch of salt in a food processor. Pulse until finely chopped.
2. Turn the processor on and slowly drizzle in the olive oil until the mixture is smooth and well blended. Add more olive oil if needed to reach a smooth consistency.
3. Add the grated cheese and pulse until well combined.
4. Taste and add more salt if needed.
5. Serve immediately with chips and crackers or however you like to eat pesto!
6. Will keep in an airtight container for about 3 days in the refrigerator .

The cuisine of healing

- To spice it up even more, add 1/4 tsp zested ginger.
- Chickweed is a cooling plant that helps to spring clean and detox your body after a long winter of heavy, fatty foods. Its high nutritional content supports rebuilding the system with freshness. Chickweed makes a soothing poltice for red, itchy, irritated skin.