

## ***Pesto (Regular and Dairy-free Options)***

*Summer is a wonderful time to make pesto as basil plants grow abundantly. My basil plants in Florida are at their peak, big and bushy, just starting to go to seed, and Father's Day seemed like a lovely occasion to create home-made pesto with my sons. Keep in the refrigerator for up to 3 days, or in the freezer for up to 1 month.*

*Traditionally pesto is made with pine nuts, but you should try different variations with a mixture of pine nuts with walnuts, almonds, or pecans.*

*To make a dairy-free pesto version, I substitute nutritional yeast for Parmesan cheese and add a splash of lemon or lime juice.*

### **Regular Pesto (with Parmesan cheese)**

Makes 1 cup

Prep Time: 10 minutes

4 medium garlic cloves, smashed under the flat side of a knife and peeled

¼ cup pine nuts

¼ cup walnuts

3 packed cups of basil leaves, big stems, brown leaves, and flowers removed

¼ teaspoon ground black pepper

½ cup extra-virgin olive oil

1/8 teaspoon sea salt

½ cup grated Parmesan cheese (1 ¾ ounces)

Combine in a food processor garlic, pine nuts, walnuts, basil leaves, and black pepper. Pulse for 15 seconds. Then slowly pour in olive oil until thoroughly mixed. Add the cheese and pulse until pesto is smooth, about 30-40 seconds. Last add salt and pulse one last time.

## **Dairy Free Pesto**

Makes 1 cup

Prep Time: 10 minutes

4 medium garlic cloves, smashed under the flat side of a knife and peel removed

¼ cup pine nuts

¼ cup walnuts

3 packed cups of basil leaves, big stems, brown leaves, and flowers removed

¼ teaspoon ground black pepper

1 tablespoon freshly squeezed lemon or lime juice

½ cup extra-virgin olive oil

¼ teaspoon sea salt

¼ cup nutritional yeast

Combine in a food processor garlic, pine nuts, walnuts, basil leaves, and black pepper. Pulse for 15 seconds. Then slowly pour in olive oil until thoroughly mixed, 30-40 seconds. Add the nutritional yeast and sea salt and pulse another 15 seconds.