

Nettle Pesto

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Prep time: 10 mins Total time: 10 mins

Serves: 2 C

Ingredients

- 3 C fresh nettle leaves
- 4 garlic cloves
- $\frac{3}{4}$ C pine nuts
- $\frac{1}{4}$ C olive oil
- $\frac{1}{2}$ tsp sea salt
- 1 Tbs lemon juice
- $\frac{3}{4}$ C parmesan or asiago cheese, shredded (optional)

Instructions

1. Put a pot of water on and when its boiling dump the fresh nettles in for just one minute.
2. Strain well and get as much water out as possible. Add nettles to blender or food processor.
3. Add garlic, pine nuts, olive oil, sea salt, lemon juice and cheese if you're using it.
4. Pulse until smooth and creamy and salt to taste. Enjoy!

Recipe by Naked Cuisine at <https://www.nakedcuisine.com/nettle-pesto/>