

Pumpkin Seed Pesto

Ingredients

- 1 c. roasted, salted pumpkin seeds (pepitas) without shells
- 4 tbsp. fresh-grated parmesan
- 4 cloves garlic
- 2 c. basil
- 1 c. fresh parsley
- 2 tbsp. lemon juice
- 1 tbsp. lemon zest
- 1 c. extra-virgin olive oil
- salt and pepper to taste

Instructions

1. Combine pumpkin seeds, Parmesan and garlic in food processor fitted with a metal blade.
2. Process 30 seconds until the seeds are finely ground and garlic is minced.
3. Add basil, parsley, lemon juice, zest and olive oil, pulsing until the herbs are finely chopped and the oil is well incorporated.
4. Salt and pepper to taste.
5. Enjoy immediately with your favorite noodles, Zoodles or spiralized vegetables.
*refrigerates well for up to two days, freezes for up to two months.

FOR MORE RECIPES VISIT : THECULINARYCURE.COM