

Nettle Pesto

Gabriella Gonzalez, chef owner of [Sky Above Trail Grub](#) featuring Nettles from [Good Rain Farm](#)

Full Cooking Demonstration on YouTube [here](#).

Ingredients:

- 1/2 pound of nettles, stems and all
- 4-5 cloves garlic (more or less to taste)
- 1/2 cup toasted pumpkin seeds (pepitas), sunflower seeds or walnuts
- 1/3 cup grated hard cheese, like parmesan or pecorino, optional
- 1/2 teaspoon salt, to taste
- juice of half a lemon
- 1/3 cup olive oil

Vegan variation, replace the cheese with 2-3 Tablespoons of nutritional yeast

Directions:

1. **NOTE: wear gloves or use tongs to handle the stinging nettles, they do sting!**
2. Rinse nettles and then place in a food processor, removing large stems (save these for making tea).
3. *You do not need to blanch the nettles first. Nettles will lose flavor/ nutrients when blanched and the food processor does the work for you!*
4. Carefully toast the seeds or nuts in a sauté pan over medium heat on the stove. Watch closely b/c they can burn quickly if left too long. You will know they are toasted when they turn a golden color and you smell the nutty scent. Remove from pan and let them cool on a plate for a few minutes.
5. Add all of the ingredients, except the oil, into the food processor with the nettles. Pulse the ingredients a handful of times to begin to blend the ingredients.
6. Open the access for adding liquid while the processor is on, turn on the processor and add about half of the oil, blending about 30 seconds.
7. Turn off the processor, scrape down the sides, and repeat, turning on processor, adding the remaining oil, and processing until the sound changes to a smooth low churning sound.
8. Taste, then if needed add salt, acid / lemon juice, and or possibly more oil to achieve the flavor and consistency you like. Process a few more seconds, taste again, and Enjoy!

