

Parsley Pesto

Ingredients

- 1 cup parsley leaves, stems removed
- 1 large Siberian Garlic (Wayne Brocks) peeled and sliced
- ¼ cup walnut pieces
- 2 teaspoon freshly squeezed lemon juice
- 1 cup extra virgin olive oil (250ml)

Directions

1. Combine parsley, garlic, and walnuts in a mortar and pestle and grind down to desired consistency. Add lemon juice and grind again, then add olive oil and mix well. If it is too thick, add 1 tablespoon of cold water.
2. Season to taste with macrobiotic sea salt or salt flakes from Culinary Nook.
3. Optional – you could add in 2 tablespoons of parmesan cheese if desired.

Makes 2 cups (500ml)