

Everything
Herbal

by Cheryl Jabz

Plantain Herb Pesto

Makes: About 1 cup

INGREDIENTS

- 1 cup tender young plantain leaves
- 1 cup fresh basil or parsley
- 1/3 cup walnuts, almonds, or sunflower seeds
- 1/3 cup grated Parmesan cheese, optional
- 1 garlic clove
- 1 tablespoon lemon juice
- 1/2 cup olive oil
- 1/4 teaspoon salt
- Black pepper to taste

SERVE WITH

Pasta, potatoes, sandwiches, roasted vegetables, chicken, or fish.

INSTRUCTIONS

1. Wash the plantain leaves and remove the tough stems.
2. Blanch the leaves for 1 minute, then place them in cold water.
3. Drain and squeeze dry.
4. Add the plantain, basil, nuts, Parmesan, garlic, lemon juice, salt, and pepper to a food processor.
5. Pulse until finely chopped.
6. Slowly pour in the olive oil while processing.
7. Blend until the pesto reaches the desired consistency.
8. Taste and adjust the lemon, salt, or oil.

Plantain Herb Pesto is a fresh, earthy twist on traditional pesto, blending tender young plantain leaves with basil or parsley, nuts, garlic, lemon, and olive oil. It makes a flavorful spread or sauce for pasta, vegetables, meats, and sandwiches.



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