Lemon Parsley Pesto

Ingredients
2 cups loosely packed Italian parsley or combination of parsley and basil
¾ cup any combination of walnuts, pine nuts, cashews
1 lemon juiced
¼ teaspoon sea salt
Black pepper, to taste
¼ - ½ teaspoon lemon zest
¼ - ¾ cup olive oil

Directions
1. Wash and de-stem parsley and/or basil. Blend all ingredients except olive oil in blender or small food processor.
2. Carefully open vent of food processor and add olive oil slowly (while food processor is on) to incorporate oil.

Recipe adapted by Leigh Wagner, MS, RD, LD