**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 - ⅓ 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