

Green Goddess Pesto

Pesto can be made with many types of greens, not merely limited to basil. You can use arugula, a mixture of whatever you have on hand, kale, etc. This combines Cilantro, Fennel, and Arugula, which are cooling in nature, and very cleansing. The Arugula adds a nice pungent flavor that is warming and spicy.

- 1 bunch Cilantro, stems included, cleaned but dry
- 1 whole fennel root, greens included
- 2 handfuls Arugula
- ½ cup soaked pumpkin seeds
- olive oil, 1/4-3/4 cup
- 1-2 cloves garlic (optional)
- ½ tsp salt
- Juice of ½ lemon
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Blend all but salt in a food processor, blend till desired consistency, if dry and not blending well, drizzle more olive oil in while running. When it is done, add ½ of the salt, and blend for a final few seconds. Taste, and add more salt if needed. Stores in the fridge for a few days. It freshens up nicely after a few days with a little lemon juice.

Delicious as a spread on anything, or as a dip Add to homemade salad dressing, which can be very convenient. Great topped on meats, grains, or to a soup.