

### ***Nesto (Nettle Pesto)***

This recipe is highly flexible, and varies depending on my mood, available ingredients, and the amount of nettles available. Below is a guideline to get you started:

4 cups steamed, boiled or sautéed nettles

3-6 cloves garlic, finely minced or pressed

1/4 - 1/3 cup finely grated Parmesan (dairy or vegan)

freshly pressed juice from 1-2 lemons

4-6 tablespoons pine nuts, sunflower seeds, or cashews

1/2 teaspoon sea salt or Celtic salt

1/4 - 1/3 cup extra virgin olive oil (more or less oil as desired)

Cool cooked nettles and then squeeze well to remove excess water. (Save pressed cooking water/juice for soups.) Then place all ingredients in food processor. (If using a blender, chop cooked nettles before adding; you also may wish to pre-grind the nuts or seeds.) Whiz until all is a consistent paste. Adjust the amount of olive oil and lemon juice for the perfect consistency for your needs.

Use thicker Nesto for pasta or pizza sauce, dips and sandwich spreads. Thin with extra olive oil and lemon juice for salad dressings.

TIP: Make extra in season and freeze in ice cube trays or small canning jars (4 ounce/ 125 ml).

Enjoy your adventures with nettles.