

# *Fresh Arugula Pesto*

Arugula is a very hearty green so it will grow into the autumn, and even into the winter if it is mild or if the plants are well protected. This makes it a great replacement for basil pesto in the cooler months.

Though the flavor is a little different than basil pesto, it is quite delicious, with a slightly more bitter and pepperiness character. If desired, you can add just a touch of sugar to offset the bitterness.

A single recipe will yield two containers.

6 servings

2 cups packed fresh arugula

1 tablespoon fresh Italian parsley—  
chopped (optional)

1/4 cup nuts... walnuts, pine nuts,  
cashews or almonds — lightly toasted

2-3 cloves fresh Garlic—lightly toasted

1/4 teaspoon salt (preferably sea salt)

1/2 cup extra virgin olive oil

1/2 cup finely grated Parmigiano-  
Reggiano cheese

1 tablespoon fresh squeezed Lemon  
Juice

1. If using walnuts, cashews or almonds, chop roughly. Toast nuts in a dry, heavy duty skillet over medium heat, stirring frequently until golden and fragrant, about 4-5 minutes. Set aside.
2. Place garlic cloves (skin on) in the same skillet. Toast, shaking the pan periodically, until they darken slightly in color and become fragrant, about 5 minutes. Transfer to a cutting board to cool, skin and chop roughly.
3. Rinse the fresh arugula and dry using a salad spinner or paper towels. Place the arugula, nuts, garlic, salt and in a food processor. Begin to process and pour oil in as processing. Continue until semi-smooth. You'll need to stop the food processor once or twice to scrape down the bowl.
4. Transfer the pesto to a bowl. Stir in the grated cheese and lemon juice. Taste and adjust salt if needed. Place in a food storage container and cover with a thin layer of oil. It can be refrigerated for 3-5 days, or frozen for several weeks.

## Frankie's Tips:

- ◆ Best to use younger, smaller arugula leaves for making pesto. They are more tender and provide better results.
- ◆ Heat is the enemy of pesto! When using for pasta, do not heat pesto in a pan or it will separate and become bitter. Simply toss it with the warm pasta and an ounce or two of hot pasta water.
- ◆ Pine nuts vs other nuts. Pine nuts are traditional for Italian pesto recipes and will give you the smoothest, creamiest pesto, but they are very expensive. Walnuts, almonds, cashews or even pecans are an excellent substitute, but make sure your guests are not allergic.