



## RECIPE CARD

# BROCCOLI PESTO

### Broccoli Pesto

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*Broccoli is an excellent source of vitamin C, and important nutrient for immunity. It also helps with the absorption of plant - based iron. Also provides both calcium for bone health.*

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#### Ingredients

1 cup raw **broccoli** (1 large floret)  
1 cup fresh **basil**  
4 cloves **garlic**  
1/2 cup **walnuts**  
1/2 cup **olive oil**  
1/2 **lemon** squeezed (or about 1 Tablespoon  
**Salt and pepper** to taste  
1 - 2 Tablespoons **water** for desired consistency.

#### Directions

1. Chop 1 floret of broccoli into small pieces to be blended. Approximately 1 heaping cup. Use the tops first, saving the hearty bottom - portion to chop for another recipe (works well in stir fry, salads or soup).
2. Add broccoli, along with the rest of the ingredients to a food processor. Blend until the chunks of broccoli are fully blended and the pesto is of desired consistency. Add a few tablespoons of water to reach a more fluid consistency.
3. Remove blade from processor and scrape the sides well into a serving bowl. Serve immediately or chilled.



*Recipe adapted by  
Mill City Farmers Market*