



# Harmonic Herbs

## **Italian Parsley Pesto**

2 cups Italian parsley stems removed  
4 cloves garlic  
¼ tsp sea salt  
½ cup extra virgin olive oil  
¾ cup freshly grated parmesan reggiano  
¼ cup pine nuts or walnuts  
1 tbsp lemon juice to taste

Place all pesto ingredients in a food processor or blender and blend to a smooth paste. Adjust seasoning. Can be used as a topping for pizzas, sandwiches, pasta or added to soup.