

RECIPE OF THE WEEK: PALEO EDITION

Asparagus Pesto

Ingredients:

1 lb asparagus, trimmed and cut into 2-inch segments
1 clove garlic, or more to taste
1/4 cup pine nuts
1/4 cup olive oil
freshly ground black pepper
juice of 1/2 lemon

Instructions:

Prepare a large steamer pot with 3/4 inch water in the bottom. Bring water to boil. Add asparagus and cook until fully tender but not mushy (roughly 4-5 mins). Remove lid and allow to cool slightly. Reserve some of the cooking liquid.

Transfer asparagus to a food processor and add the garlic, pine nuts, 2 Tbsp oil, a pinch of salt and a couple tablespoons of cooking liquid. Process mixture, stopping to scrap down the sides of the container. Gradually add reminding oil. Add lemon juice and season with salt and pepper to taste. Pulse one last time.

Options:

Serve as a dip with fresh vegetables or corn chips. Also great served over fish or chicken. Refrigerate for up to 48 hours.

Compliments of *Sabrina Katz and her Jan 2012 Cooking Soiree*

