

Pumpkin Seed Pesto (Vegan, Gluten-Free, Nut-Free, Soy-Free)

This recipe was posted by Jackie at The Vegan Diet. Visti her blog to view even more recipes for pumpkin seeds and beyond!

Pumpkin Seed Pesto
From WNPT Volunteer Gardener

1 cup raw pumpkin seeds
1 cup fresh parsley
8 garlic cloves, peeled
5 tbsps fresh lemon juice
1 tsp freshly ground pepper
1 tsp salt (or to taste)
2 tbsps extra-virgin olive oil
6 tbsps broth/stock

Over low heat, dry-roast pumpkin seeds, stirring constantly for 5 minutes or until they finish popping. Remove from heat and cool. In a blender, process seeds, parsley, garlic, lemon juice, pepper and salt. Slowly add oil and broth and blend until smooth. Toss into hot pasta and serve immediately or transfer to a covered container and refrigerate until needed. Yield: 1-1/2 cups.