

Pistachio Pesto




TIPS:

1. I first saw this recipe in the July 2015 issue of *Bicycling* magazine, where it was featured as a post-ride protein-rich snack to be used on pasta, on toast, with vegetables, or any way you like. I then modified the recipe slightly by adding garlic (you've gotta' have garlic in pesto!), cutting the salt content, and also adding a shot of balsamic vinegar. Like any recipe, you can make pistachio pesto exactly as shown here or modify it as you like to

suit your own taste. As always, imagination is your only limit.

2. About Pistachios: Pistachios are members of the cashew family and are one of the highest protein/lowest calorie nuts available at 6 grams of protein and 160 calories per 1 ounce (28 gram) serving (about 50 shelled pistachio nuts). Pistachios are rich in antioxidants that reduce inflammation and cell damage and are packed with phytosterols (plant-derived cholesterol-like steroids) that help the body absorb cholesterol.

	
Pistachio Nuts, Dry Roasted	
without Salt Added pistachios, nuts, pistachio nuts, snack, pistachio	
B Grade	163 Calories
Nutrition Facts	
Serving Size 1 oz (47 kernels) (28 g)	
Per Serving	% Daily Value*
Calories 163	
Calories from Fat 118	
Total Fat 13.1g	20%
Saturated Fat 1.6g	8%
Polyunsaturated Fat 3.9g	
Monounsaturated Fat 6.9g	
Cholesterol 0mg	0%
Sodium 162mg	7%
Potassium 297.15mg	8%
Carbohydrates 7.9g	3%
Dietary Fiber 2.9g	12%
Sugars 2.2g	
Protein 6.1g	
Vitamin A 1% · Vitamin C 1%	
Calcium 3% · Iron 7%	

(source: www.caloriecount.com)

Preparation Time: 20-25 minutes

Ingredients

1 Cup (8 ounces) Shelled Unsalted Dry Roasted Pistachios

2 Cups (or a big handful as shown in step 1 below) Spinach Leaves

2 Garlic Cloves

Handful Fresh Basil

1/2 Cup (4 ounces) Grated Parmesan Cheese

Zest and Juice of 1 Lemon

Crunch of Black Pepper

1/4 Cup Olive Oil

1/2 - 1 Teaspoon Salt

Shot of Balsamic Vinegar (optional but adds a punch of flavor)



Equipment

Food Processor with an “S”-Shaped Processor Knife Blade

Cutting Board

Strainer or Colander

Box Grater or Zester

Measuring Cup

Citrus Juicer

Large Sharp (Chef’s) Knife

Spatula

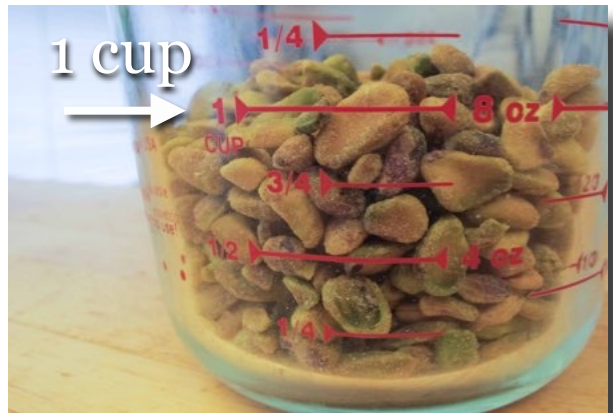
Bowl



1. Put the “S”-shaped knife blade onto the spindle in the food processor bowl, and make sure both the bowl and blade are snugly seated in place.



2. Measure 1 cup (8 ounces) of shelled unsalted dry roasted pistachios.



3. Pull 2 garlic cloves from a garlic bulb.



Put the **garlic cloves** on the cutting board and cover them, one **garlic clove** a time, with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open.



Peel the **skin** from the **garlic cloves**, and put the **garlic cloves** and **pistachios** in the food processor.



4. Snap the food processor bowl top in place, turn on the processor for a few seconds until the **pistachios** and **garlic** are coarsely chopped about as shown in the third picture below.



5. Put **2 cups of spinach leaves** (or about the amount shown in the picture below left) into a strainer or colander. Then pinch the **leaves** from a **good handful of basil**, and put them in the strainer or colander with the **spinach leaves**.



Give the **spinach** and **basil** a good hand-scrubbing rinse with cold tap water, and add the **leaves** to the food processor.



6. Give a **lemon** a hand-scrubbing rinse with cold tap water, grate the **zest** (just the yellow outer surface of the lemon) from the **lemon**, so that what you have looks about as shown in the third picture below, and...



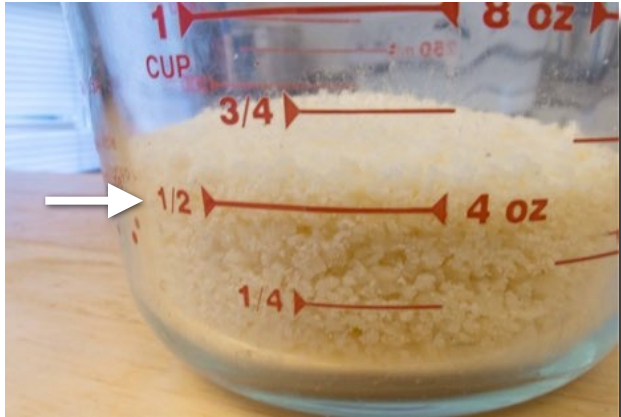
...add the **grated lemon zest** to the food processor.



7. Cut the same **lemon** in half, squeeze the **juice** from **both lemon halves**, and pour the **juice** into the food processor.



8. Measure **1/2 cup (4 ounces)** of **grated Parmesan cheese**, and add the **cheese** to the food processor along with...



...about **1/2 teaspoon salt** (or as much salt as shown in the picture to the left below), a **crunch of ground black pepper**,...



...a **good shot of olive oil**, (about **1/4 cup** or **2 ounces** if you want to measure) and an **optional light shot of balsamic vinegar**.



9. Snap the food processor bowl top back in place, turn on the processor, and...



...let the processor work until the ingredients become well mixed together about as shown below.



10. Use a spatula to scoop the **pistachio pesto** into a bowl.



11. Processor cleaning tips: First, pour warm water and good shot of dish soap into the processor bowl in the sink.



Use a dish brush to clean the spatula and bowl top.



Use a dish brush to clean the outside of the “S” knife blade and a toothbrush (or very narrow bottlebrush) to clean the hard-to-reach inside of the blade assembly.



Finish by cleaning the bowl with a dish sponge and then letting all the cleaned processor pieces air dry in a dish rack.

