

Cheese-less Arugula and Walnut Pesto



Ground arugula seed has been used for centuries as an aphrodisiac. What's even more significant about those little round seeds, though, is that they swiftly and easily grow into my favorite dark leafy green, arugula leaves. To me these oak-leaf-shaped leaves taste like spicy peanut butter. Some varieties are much spicier than others, although every variety has a nutty, aromatic flavor to it.

Arugula is also easy to plant in a garden or even a window box. Planting seeds in early spring as soon as the ground can be worked and re-sowing every two weeks will give you an abundant summer-long harvest. In hot weather, the plants will go to seed quickly (which is fine because you'll have all those seeds on hand - you know? Just in case?) and leaves

will taste bitter, so pick young leaves and make them into this delicious and freezable pesto! In the fall when the weather turns cool again, both young and mature leaves will taste great!

Here's the recipe. I like to spread it on toast, mix it into salads, dip veggies in it, use it as a condiment on sandwiches, stir it into scrambled eggs at the very end of cooking, as well as using it as traditional sauce for pasta. Enjoy!

Arugula Pesto

2 C arugula
1-2 cloves garlic
1/2 C olive oil
1/2 C walnuts
1/2 tsp. salt
lots of freshly ground black pepper
a gentle squeeze of lemon

Blend in a food processor or blender until smooth.

what's healing about this recipe:

Arugula contains calcium, vitamin A, and potassium, and is a good source of vitamin K which is nicknamed, "the blood clotting vitamin." As with all dark leafy greens, it is also very high in accessible iron. Arugula is part of the cruciferous plant family. Cruciferous vegetables are known to be high in an anti-cancer compounds called, "glucosinolates" which are powerful stimulators of the body's detoxifying enzymes.

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Walnuts, as you've surely heard, are a great source of essential fatty acids, but what you may not know is that walnuts are also extremely high in iron and protein with over 2/3rds of the calories attributed to protein. And get this, just a half cup of walnuts contains 100% of your daily recommendation for manganese. Manganese is needed to help multiple enzymes in a process called gluconeogenesis, a process where our bodies turn digested fats into sugars to burn as fuel.

<http://www.everynutrient.com/health-benefits-of-arugula.html>

<http://nutritiondata.self.com/facts/nut-and-seed-products/3138/2>

<http://www.whfoods.com/genpage.php?tname=nutrient&dbid=77>

author: *melissa chappell*

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