

# Asparagus pesto

4 servings

## Ingredients

- 1 lb. asparagus, trimmed and cut into 2-inch segments
- 1 clove garlic (or more to taste)
- ¼ cup pine nuts
- ¼ cup olive oil
- ¾ cup freshly grated parmesan cheese
- Pinch of crushed red pepper
- Juice of 1/2 lemon, or to taste
- Salt to taste

## Instructions

1. Bring a large pot of water to a boil (add salt if desired)
2. Add the asparagus and cook until fully tender but not mushy, 8-10 minutes. Drain well. Reserve some of the cooking liquid, and let the asparagus cool slightly.
3. Transfer the asparagus to a food processor and add the garlic, pine nuts, 2 tbsp of the oil, parmesan, crushed red pepper, a pinch of salt, and a couple tablespoons of the cooking liquid.
4. Process the mixture, stopping to scrape down the sides of the container if necessary. Gradually add the remaining oil and a bit more of the reserved cooking liquid to moisten if necessary.
5. Add the lemon juice and season with salt and pepper to taste. Pulse one last time, and serve over pasta, fish or chicken (cover and refrigerate for up to one day).

## Fun Facts:

- Asparagus is rich in vitamin K, an essential vitamin for blood clotting
- Asparagus takes 3 years to grow from seed to harvest
- Asparagus used to be a member of the lily family