



Arugula Pesto Crosthini

INGREDIENTS

- 1/2 cup roasted unsalted pumpkin seeds, sunflower seeds or nuts of your choice
- 1/2 cup grated or shredded parmesan cheese (optional)
- 2 garlic cloves
- 2 cups chopped or baby arugula
- 1 Tbsp lemon juice
- 1/4 tsp sugar
- 1/4 tsp salt
- 1/2 cup olive oil
- Baguette
- Vegetables of your choice (cucumbers, tomatoes, or peppers recommended)

DIRECTIONS

1. In a food processor or blender combine the seeds/nuts, cheese and peeled garlic cloves. Process until finely ground (20-30 seconds).
2. Add the arugula, lemon juice, sugar and salt.
3. Turn on the food processor and gradually add the olive oil. Blend until it combines into a thick oily sauce.
4. Slice the baguette into 1/2 inch slices. (optional: toast or grill the slices)
5. Slice the vegetables selected.
6. Spread each bread slice with pesto and top with sliced tomatoes, cucumbers or bell peppers and an additional sprinkle of parmesan.

