

## Recipe – Arugula Pesto

### Ingredients:

- one bunch of arugula (half bag)
- 2 gloves garlic, chopped
- 1/3 cup pine nuts
- handful of mixed fresh herbs, like rosemary and garden mint
- ½ cup olive oil
- 1/2 tsp salt, if permitted
- black pepper to taste
  
- optional: mix in some parmesan cheese, if dairy is permitted

### Directions:

Process the pine nuts until coarse.

Process together all ingredients.

Serve a small dollop with salmon burgers or veggie burgers.