

# Arugula and Walnut Pesto

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## RECIPE

Harvest: arugula, walnut  
12 servings

### Supplies

- Induction cooktop and large pot (10 quart min) for boiling pasta
- Colander and kitchen towels for washing veg
- Cutting board & Knives
- Mixing bowls
- Plates, forks and napkins for serving
- Measuring cups

### Ingredients

- 6 cups loosely packed arugula
- 1 cup walnut halves
- 1 cup grated Parmesan cheese (optional- or nutritional yeast)
- 1 cup extra-virgin olive oil
- 12 garlic cloves, unpeeled
- 2 garlic cloves, peeled and minced
- 1 teaspoon salt
- Freshly ground black pepper, to taste
- ½ to 1 full lemon, squeezed
- Olive Oil
- Salt
- Pasta for Serving (2-3 lbs)

### Directions

- Using the pot you'll be boiling water in, lightly toast the walnuts and set aside.
- In a food processor, blender or immersion blender, combine the garlic, walnuts, arugula, and salt.
- Pulse while drizzling in the olive oil.
- Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese, freshly ground pepper and a big squeeze of lemon, to taste.
- Mix the pesto with the pasta, adding a splash of olive oil to coat.

### Notes

- Activity idea: crack locally grown walnuts with students.
- You can skip the step of toasting walnuts if you don't have time, but they do bring out the oils and flavors of the nut.
- Generally, you need just 1 cup of pesto per pound of pasta. 1lb of dry pasta serves 4-6 people. You can also consider bringing pre-cooked noodles, grains, or spiralized noodles to save time. If you don't have time to boil grains, you can serve it as a dip with pita chips or crunchy garden veggies like radishes, carrots or cucumbers.
- You can also substitute the arugula with kale and basil.

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*Recipe created for The School Garden Network's Cooking  
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