



## NUT-FREE PESTO

YIELD: 1 CUP

### INGREDIENTS:

**2 cups** fresh basil leaves  
**1-3** large cloves of garlic, diced  
zest and juice of **1 lemon**  
**3/4 cup** parmesan cheese, preferably grated  
**1/4 to 1/3 cup** extra virgin olive oil  
**1/4 tsp** fresh ground black pepper  
**3/4 tsp** sea salt

### DIRECTIONS:

1. Add the fresh basil, diced garlic, lemon zest and parmesan cheese to the bowl of a large food processor. Process at medium speed until it starts to resemble a paste, about 60-90 seconds.
2. Add half of the fresh lemon juice and 1/4 cup olive oil. Process until the mixture is evenly combined. Taste and add more lemon juice based on your personal preference. Add more olive oil if you would like the pesto to be thinner. Process again until just combined.
3. Add the salt and pepper. Process, taste and add more if desired.
4. Add the pesto to a jar, seal and refrigerate.

*Note: If you don't plan to use all of your pesto in two weeks, it freezes beautifully.*

*If you do not have a food processor, you can use a mortar and pestle to combine the ingredients.*



## HOMEMADE RANCH

SERVES: 10    SERVING SIZE: 2 TABLESPOONS

### INGREDIENTS:

**2/3 cup** milk or buttermilk  
**1 tsp** lemon juice  
**1/3 cup** plain yogurt  
**1/3 cup** mayonnaise  
**1 tsp** onion powder  
**3/4 tsp** garlic powder  
**1/8 tsp** pepper  
**1 TBSP** fresh chives or **1 tsp** dried  
**1 TBSP** fresh dill or **1 tsp** dried  
**1 TBSP** fresh parsley or **1 tsp** dried  
**1/4 tsp** salt

### DIRECTIONS:

1. Combine milk and lemon juice in a mixing bowl and let sit 10 minutes.
2. Blend yogurt into milk mixture and let sit 5 minutes, then mix in all other ingredients.
3. Store in the refrigerator.

