

Parsley Pesto

Ingredients

2 cloves of garlic
2 cups packed stemmed parsley
Pinch of salt
¼ cup sunflower seeds
½ cup grated parmesan cheese
2/3 cup olive oil

Method

Place garlic, parsley, salt, sunflower seeds and cheese into food processor. Process until a paste forms. Gradually blend in olive oil. Add salt and pepper to taste.