

Pistachio Arugula Pesto



Sauce



2 Cups



10 Minutes



Pistachio Arugula Pesto is a vibrant, dairy-free, and oil-free twist on a classic Italian favorite. Traditionally hailing from Genoa, Italy, pesto is a fresh sauce made with basil, garlic, pine nuts, cheese, and olive oil.

This modern plant-based version swaps in peppery arugula and heart-healthy pistachios for a bold, nutrient-rich alternative.

Light yet satisfying, this pesto is perfect for pasta, grain bowls, or as a flavorful spread. It's a wholesome nod to tradition with a fresh, health-conscious spin.

INGREDIENTS

- 2 cups fresh arugula packed (100g)
- ¼ cup fresh basil (15g)
- 1 tbsp lemon juice or lemon balsamic vinegar
- ¼ cup nutritional yeast for cheesy flavor
- ¼ cup water or aquafaba add more as needed
- ½ cup shelled pistachios preferably unsalted (75g)
- ¼ tsp garlic granules or powder
- ¼ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp crushed red pepper flakes optional

- **Don't have arugula on hand?** Substitute it with baby spinach, kale, basil, parsley, cilantro, carrot tops, or even broccoli leaves.
- **Out of pistachios?** You can substitute with raw cashews, walnuts, sunflower seeds, pine nuts, or almonds.

INSTRUCTIONS

1. For deeper flavor, lightly toast pistachios in a dry skillet over medium heat for 2–3 minutes, stirring often. Let cool before blending.
2. In a food processor or high-speed blender, combine arugula, basil, pistachios, garlic granules, nutritional yeast, lemon juice, water/aquafaba, red pepper flakes (if using), salt (if using), and pepper.
3. Blend while slowly adding 1 tablespoon at a time more water/aquafaba until the pesto reaches your desired consistency—smooth but still a bit textured.
4. Add more lemon juice for brightness, salt for flavor, or red pepper flakes for heat.
5. Toss with pasta, drizzle over roasted veggies, spread on sandwiches, or use as a dip. Store in an airtight container in the fridge for up to 5 days.
6. To keep the pesto vibrant green, blanch the arugula for 10 seconds in boiling water, then plunge into ice water before blending.

💡 Nutritional Highlights

- Rich in antioxidants from arugula and pistachios
- High in plant-based protein and fiber
- Naturally cholesterol-free and heart-friendly
- Packed with vitamin K, A, and E
- Anti-inflammatory and energizing



🍷 Serving Ideas

- Toss with warm whole grain pasta (rotini, fusilli, or penne work best)
- Spread on wraps, sandwiches, or flatbread
- Drizzle over roasted vegetables or grain bowls
- Swirl into soups like tomato or white bean
- Serve as a dip with raw veggies or crackers

