

## GREEN HEMP PESTO PASTA



### TIME TO PREPARE

10 Minutes



### COOK TIME

420 Minutes



### 6 SERVINGS



### Ingredients

- 1 lb linguine pasta

#### Hemp Pesto

- 2 cups chopped fresh basil
- 2 cups lightly packed parsley (including stems)
- ½ cup raw shelled hemp seeds
- 3 cloves garlic, minced
- 1 tsp salt
- ½ tsp pepper
- ½ cup olive oil
- 1/3 cup white wine vinegar
- 2 tsp lemon zest
- 2 tbsp lemon juice
- ¾ cup grated Parmesan cheese

### Steps to Make

1. In a large pot of boiling water, cook pasta according to package directions; reserving 1/2 cup of the cooling liquid.
2. Hemp Pesto: Meanwhile, in food processor, pulse together basil, parsley, hemp seeds, garlic, salt and pepper gradually add oil and vinegar to this steady stream until smooth.
3. Scrape into a large bowl; stir in lemon zest, lemon juice and 1/2 cup Parmesan. Add pasta and reserved cooking liquid; toss to coat well. Sprinkle with remaining Parmesan.