FOOD MATRIX

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| **PESTO** | **HERBS** | **NUTS** | **CHEESE** | **OIL** | **OTHER** |  |
| **Serves 8** | **2 cups** | **1/4 cup** | **1/4 cup** | **3T** | 2 T water |  |
|  | basil | pine nuts | Parmesan | Olive | 1 large clove garlic |  |
|  | cilantro | walnuts | Asiago |   | 1/2 t sea salt |  |
|  | arugula | pecans |  Manchego |   | 1/2 t fresh ground pepper |  |
|  | mint | almonds | Romano |   |   |  |
|  | spinach | Brazil nuts | Grana Padano |   |   |  |
|  | broccoli rabe | pistachios |   |   |   |  |
|  |  |  |  |  |  |  |
| Pulse in food processor until desired consistency |  |  |  |
| TIP: toasted nuts will UP the wow factor. Spread on baking sheet, roast 7-9 minutes at 350 degrees. Stir occasionally.  |
| Walnuts add omega-3 |  |  |  |  |  |
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