

# Easy Nettle Recipes



*Cooking nettles eliminates their sting and gives them a flavor much like spinach!*

## Nettle Hummus

### Ingredients:

- 2 cans (15 oz. each) chickpeas (aka garbanzo beans)
- 4 cups fresh stinging nettle tops
- 2 lemons, juiced
- 2 Tablespoons oil of choice
- Cumin, garlic powder, and salt to taste

- 1.) Wash nettles and set aside.
- 2.) Bring water to a boil and boil the nettles for 1 minute to remove the sting.
- 3.) Drain nettles well and let cool. Add to a food processor with rest of ingredients and blend.
- 4.) Serve with raw vegetables, in a sandwich, as a dip, or any other way you like to eat hummus!



Recipe from Derek Nicholas via Indigenous Chef cooking demo video here: <https://vimeo.com/774386873>

## Nettle Pesto

### Ingredients:

- 6 cups of young fresh nettle tops, rinsed
- 1 bunch fresh basil, stems removed, washed and drained (about 2 cups)
- 1/2 cup grated Parmesan cheese
- 1/3 cup walnuts or pine nuts
- 1/3 cup extra virgin olive oil
- 1 clove garlic, chopped (or 1/4 tsp garlic powder)
- 1 teaspoon lemon juice
- Salt and pepper to taste

- 1.) Boil nettles in water for 1 minute.
- 2.) Drain well, let cool, and chop roughly.
- 3.) Place all ingredients in a food processor or blender and blend. Add salt and pepper to taste.
- 4.) Keeps 2-3 weeks covered in the refrigerator. Pour a little extra oil on top to keep it green. Use on a sandwich, on pasta or soup, on meat, or as a dip.

Recipe from <https://tribalcollegejournal.org/native-recipes-natural-ingredients/>

