



**Creative Juices  
Consulting**

## **Shiitake Pesto**

**2 red bell peppers, halved**  
**10 med-large shiitake caps**  
**1 cup total fresh basil and or parsley**  
**¼ cup pine nuts or walnuts**  
**2 large cloves garlic**  
**½ cup extra virgin olive oil or grape seed oil**  
**½ cup Parmesan cheese**

### **Instructions:**

**Brush the mushrooms and peppers with grape seed or canola oil and season lightly with salt and pepper.**

**Roast for 20 – 30 minutes at 373(F) or until soft and slightly charred.**

**Immediately transfer to a bowl, cover with plastic wrap, and let steam for 10 minutes.**

**In a blender or food processor, pulse garlic, basil, mushrooms, and peppers until roughly chopped.**

**Add olive or grape seed oil slowly. Add cheese, salt, and pepper to taste.**