

# The Main Dish

## Hemp Pesto Pasta

½ cup Mum's Hulled Hempseed  
¼ cup Mum's Hempseed Oil  
1 generous handful of fresh basil  
1 handful fresh parsley  
4-6 garlic cloves  
salt and pepper to taste

Blend all ingredients in a food processor or blender. Add more oil if you prefer a thinner consistency. Toss Hemp Pesto with your favourite pasta, quinoa, or wild rice. Try doubling the recipe and freezing part of it for next time.

## Spicy Wild Rice & Hemp Stuffing

2 cups Wild Rice  
3 cups water  
1 small red onion  
4 cloves garlic  
3 jalapeno peppers  
2 small apples or 1 cup of saskatoon berries  
4 wild or portabello mushrooms  
3 tbsp. Fresh sage  
¼ cup Mum's Hulled Hempseeds  
Salt and pepper to taste

Bring wild rice and water to a boil. Reduce heat to simmer and cover until all water is absorbed. In a Food Processor chop onion, garlic, cleaned jalapenos, mushrooms and sage. Sautee these ingredients in olive oil. Add salt and pepper to taste. Toss the cooked wild rice together with the sauteed mixture. Add the Hulled Hempseed and berries or apple (or both). Stuff the Turkey with the mixture before cooking. Cook the turkey or chicken as normal.

This dish can be used as a stuffing in turkey, chicken or simply on its own as a side dish. Either way it is a delicious addition to any dinner. Bon appetit!