

Basil Pesto

Basil is rich in vitamin A and C as well as other important minerals and nutrients. This pesto is a powerful punch of vegetable in a small portion. Goes wonderful with fish, pasta or on pizza.

Ingredients:

2 garlic cloves coarsely chopped
1/2 cup pine nuts (can replace with walnuts)
1/2 teaspoon sea salt
2 cups loosely packed, coarsely chopped fresh basil (about 1 bunch)
1/4 extra-virgin olive oil

Method:

Put the garlic, pine nuts, and salt in a food processor, magic bullet or blender. Add the basil and process or blend it until it is finely minced. With the machine running (if possible) add the olive oil in a steady stream and process until blended into a paste. Transfer to a bowl, cover tightly and refrigerate until used. Pesto can be stored for a few weeks if it is properly stored and cross contamination is avoided. A mixture of herbs or mixtures such as kale and oregano or basil and thyme work well and provide beneficial nutrients. Enjoy!