

## **BASIL PESTO**

Yield: ~1.5 c. or 24 Tblsp.

2.25 c. packed fresh basil leaves  
granulated garlic to taste\*  
1/3 c. pine nuts\*\*  
1/4 c. roasted and salted pistachio nuts, shelled  
3/4 c. extra virgin olive oil  
3/4 c. Parmigiano Reggiano cheese, grated\*\*\*  
1 Tblsp. lemon juice  
paprika to taste\*\*\*\*  
black pepper to taste

1. Wash basil leaves and put them in a salad spinner to get rid of excess water. Then roll the leaves in dish towels to dry them further (basil leaves bruise easily so be gentle). When dry, pack them in the measuring cup.
2. Combine all ingredients in a food processor.
3. Pesto is very versatile and can be used in recipes, on pasta, on bread, in omelets, or as a sandwich spread with fresh tomatoes.
4. Freezes well in any size amount. Silicon muffin cups work well to freeze the pesto in small increments before packaging them together to freeze. For example:
  - 3 Tblsp. or 45 grams works well for 2-serving recipes.

### Substitutions/Notes:

\* Garlic cloves, chopped.

\*\* Combination of unsalted pumpkin seeds, unsalted almonds, and sesame seeds (in case of tree nut allergies).

\*\*\* Parmigiano Reggiano cheese that you grate yourself creates a richer, more vibrant flavor and texture than pre-grated store versions, which lack flavor, contain additives, and melt poorly.

\*\*\*\* Cayenne pepper to taste.