

Pesto

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
basil leaves	2 cups	tightly packed
garlic	4 cloves	peeled
Parmesan cheese	1/4 cup	freshly grated
pine nuts or sunflower seeds	1/3 cup	lightly toasted in a frying pan
pine nuts or sunflower seeds	1/4 cup	raw
lemon juice	2 oz	
salt & pepper	1/4 tsp each	
olive oil	1/4 cup	

- In a food processor, chop the basil finely. Put minced basil into a large bowl.
- In a blender, purée the ingredients from garlic to olive oil on high for about 30 seconds. Add the purée to the basil, and toss together with a large spoon.
- Taste it and see if you want to add salt & pepper or more lemon juice.

NOTES: Pre-shredded Parmesan is coated with a substance to keep the shreds from sticking together. This will ruin the texture of your pesto, so be sure to freshly grate the Parmesan yourself. You can freeze any leftover pesto in ice cube trays. If you add the basil leaves to the blender, then you will get a smooth purée. If you mince the basil in a food processor, then you will get texture.