

Westchester Community College - A Taste of Westchester

Pesto Pallooza With Wendy Pregiato of The Winning Kitchen

May 20 and 21, 2026

Asparagus Pesto (with Roasted Mini Potatoes)

1 bunch asparagus, woody ends snapped off and discarded
1 Tbsp olive oil
Pinch salt
2 cloves garlic
1/3 cup roasted pistachio nuts
1/4 cup grated parmesan cheese
1 tsp balsamic glaze
Another Tbsp olive oil

Preheat oven to 275 degrees. Toss asparagus with oil and a pinch of salt. Place on sheet in a single row and cook 45 mins, turning once midway through.

Add asparagus, garlic, pistachios, parmesan cheese, balsamic glaze and additional oil and process in a mini chopper, blender or food processor. Added more oil to desired consistency if necessary.

Mini Potatoes: Toss baby potatoes in olive oil and salt and put in air fryer. Fry at 380 degrees for 12 - 14 mins, shake halfway through.

To serve: Put potatoes in a dish, add a healthy dollop of pesto on top and a drizzle of oil, some parm cheese, and fresh pepper.

Arugula Pesto (With Chick Pea Hummus and Pita)

1 container full of arugula (1 1/2 cups?)
2 garlic cloves
1/4 cup pine nuts
3 Tbsp olive oil or more
Squeeze lemon plus 1 tsp lemon rind
2 tsp capers
salt

Put all ingredients in processor or blender and combine. Add more olive oil if you want it thinner/creamier. This is delicious on pastas or put a scoop in hot soups or anything that goes with a salty/peppery flavor.

Chick Pea Hummus: Put 1 can of chick peas and the liquid from the can in a saucepan covered with 1/2 an inch of water and 1/2 tsp of baking soda.

Bring to a boil, reduce heat and simmer 6 - 8 mins until soft. Reserve a bit of the cooking liquid. Drain and rinse the peas with hot water.

In food chopper, blender or processor, add 2 cloves garlic, 1/2 lemon squeezed juice, 2 tsp cumin, a generous pinch of salt, and 3/4 cup almond butter. Add about 1 1/2 Tbsp of cooking water and pulse to combine and make smooth. Delish!

Roasted Sweet Potato and Orange Pesto (with Ricotta and Crostini)

1/2 cup roasted sweet potatoes - cubed
1/4 cup walnuts
1/2 navel orange, peeled and any pits removed
2 Tbsp boirsin herbed cheese
1 clove garlic
1/4 cup olive oil
pinch salt
fresh thyme leaves

Optional additions: pinch red pepper flakes, squeeze of lemon if too sweet, black pepper, drizzle of hot honey

Heat oven to 375 degrees. Toss sweet potato chunks with olive oil and pinch of salt. Spread evenly on a baking tray and bake in the oven 45 minutes, stirring once or twice.

Put the sweet potatoes and the rest of the ingredients in a food processor and process until desired consistency.

Homemade Crostini: Slice baguettes into 1/4 inch rounds. Place in a single layer on a baking sheet. Add some olive oil to each slice either using a basting brush or oil spray. Add a pinch of salt. Put in 375 degree oven for 8 - 10 minutes until dry and slightly browned. Remove from oven and let cool completely before eating/saving in an airtight container.

Whip ricotta cheese with a hand blender until smooth and creamy and airy.

Spread ricotta on crostini, add a dollop of sweet potato pesto. Sprinkle with fresh thyme leaves and fresh black pepper. Pomegranate arils are pretty, too!

No Churn Vanilla Ice Cream

1 can sweetened condensed milk
2 cups (1 pint) heavy cream
1/2 tsp vanilla extract

Whip heavy cream until stiff peaks form, whether by hand, with a mixer or beaters or even in a blender on high speed.

Carefully stir whipped cream and sweetened condensed milk to form your base, being careful not to overmix and disturb the cream. It is delicious “as is” but you can also add in fresh berries, chocolate chips, jam, crushed cookies Whatever flavor additions you would like - chocolate chips, crushed Oreo cookies, fruit jam, m&ms, etc.

Place in a container in the freezer and freeze overnight or at least 5 hours.

Raspberry Mint Dessert Pesto

2 cups fresh raspberries
1/4 cup fresh mint leaves
2–4 Tbsp confectioners sugar
1–2 tsp fresh lemon juice
2–3 Tbsp pistachios, almonds, or pine nuts (optional)
1–2 Tbsp olive oil or neutral oil (optional for smoother texture)
tiny pinch salt

Add raspberries, mint, sugar, lemon juice, and salt to a food processor. Pulse until chunky-smooth. Add nuts if using and pulse briefly for texture. Taste and adjust sweetness/acidity. Chill before serving.

Serving ideas: spooned over vanilla ice cream, over yogurt, with pound cake, over panna cotta, with mascarpone or whipped ricotta, drizzled on cheesecake

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