

Pesto

yield: 1 ¼ cup

This delicious sauce can be used with pasta or as a spread on bread or toast. Pesto is also delicious on pizza or served with cooked fish or hot steamed rice.

Ingredients:

- 1 cup shelled walnuts, about 3 1/2 ounces
- 2 cups chopped parsley, about 1 bunch
- 1/2 cup grated pecorino or parmesan cheese
- 3 garlic cloves, roughly chopped
- 1/2 teaspoon salt
- 1/2 cup extra virgin olive oil



Method:

1. Pulse ingredients in food processor:

Put the walnuts, parsley, cheese, garlic, and salt in a food processor and pulse for a few seconds to combine. Scrape down the sides of the bowl, then pulse again.

2. Drizzle in the olive oil:

While the machine is running, drizzle in the olive oil just long enough to incorporate the oil, about 20-30 seconds.

Notes:

Use immediately or cover with plastic wrap and refrigerate to store. Will last several days chilled.

Instead of walnuts, you can substitute roasted pine nuts, other nuts, or pumpkin seeds.

This is also delicious if you use cilantro or basil instead of parsley.

You can also make this using a blender, or a mortar and pestle.