



THE ART OF HERBS

BASIL PESTO

- 1 cup of sunflower seeds or pine nuts
- 1/2 to 3/4 cup of olive oil
- salt (to taste)
- 2-3 cloves of garlic
- 1/2 cup of parmesan cheese
- Approx. 4 cups of basil, gently packed

Blend seeds or nuts in blender or food processor until finely ground. Add garlic. Then with blender running, add basil leaves a few at a time until the basil leaves pile up and it won't blend. Start pouring in olive oil and alternate the rest of the basil leaves and olive oil, continue blending until basil is well incorporated and you have a thick paste. Hand stir in salt and cheese, serve and enjoy! This can be stored in the refrigerator or frozen.