## GROWING GOOD HEALTH



## **Basil Pesto**



Basil can be used as a floral and aromatic addition to so many dishes just by chopping it up. But basil pesto can turn this delightful herb into a rich and delicious spread perfect for toast, pastas, pizza, or many other applications.

## **INGREDIENTS**

- 2 Cups of fresh basil (no stems)
- 2 Tablespoons walnuts (or pine nuts, pecans, etc.)
- 2 Cloves garlic
- 1/2 Cup olive oil
- $\frac{1}{2}$  Cup parmesan cheese, grated

## **DIRECTIONS**

- 1. Place basil, nuts, garlic in a food processor and blend the ingredients until well mixed and finely chopped.
- 2. As the processor is still running, slowly add the olive oil until it is a smooth texture.
- 3. Add the cheese run the processor only long enough to mix the ingredients until well-combined.

Source: New York Times Cooking

