

an



recipe

PESTO

ingredients

5 c. Basil Leaves, rinsed w/ stems removed; firmly, but not tightly, packed

6 Tb. Pumpkin Seeds, toasted if desired

9 Tb. Grated Parmesan Cheese

6 Garlic Cloves

2 Tb. Lemon Juice

1 + tsp. Salt

1 c. Extra Virgin Olive Oil

method

- Place all ingredients except for the olive oil into food processor.
 - Pulse and mix until smooth, scraping down sides as needed.
 - While processor is running, slowly add olive oil and run until mixture is smooth
 - Place pesto into container and cover immediately to prevent browning
- **Notes:**
- **Substitute** equal amount of pine nuts or walnuts for pumpkin seeds
 - **Yields** enough for 2 pounds of pasta.
 - **Freezes well**
 - **Chef's Note:** Eating large amounts of this pesto will "**cheer your spirit and clear the brain.**"