

Fresh Herb Pesto

Servings: 4

INGREDIENTS

Amount	Item
2 cups	Fresh Basil
1 cup	Fresh Parsley
½ cup	Grated Parmesan
½ cup	Olive Oil
3 cloves	Minced Garlic
¼ cup	Pine nuts

Salt and Pepper to taste

METHOD

Put all ingredients into a blender. Start on a low speed and gradually increase to high. Blend until smooth. Taste the mix and add salt and pepper if needed.

You can sub half the basil with fresh spinach. You can also omit the pine nuts if there is an allergy. Toss with cooked penne pasta. Serve and enjoy!

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