



The Best Pesto

Makes ~1 ½ cups in 10 minutes

Pesto is Italy's version of a "salsa verde" (or green sauce), made even more luscious with the addition of toasted pine nuts and Parmesan cheese. Pesto is the classic garnish to Italian minestrone soup, and it is so easy to make. The party starts with fresh basil leaves, which are packed with antioxidants and anti-inflammatory compounds. Add garlic for some powerful antimicrobial effects and pour in good quality extra-virgin olive oil to create a medicinal sauce with multiple uses. It wakes up simple pasta, especially zoodles (zucchini or any squash noodles) and is wonderful when layered between ripe red tomatoes and fresh mozzarella cheese. *Buon appetito!*

INGREDIENTS

- 2 cups loosely packed fresh basil leaves (not dried)
- ¼ cup grated or shaved Parmesan Reggiano cheese
- ¼ cup lightly toasted pine nuts
- 2 cloves garlic, rough chopped
- ½ teaspoon salt
- 1/8 teaspoon fresh ground black pepper
- 2/3 cup extra-virgin olive oil (EVOO)

INSTRUCTIONS

1. Put all the ingredients into a food processor along with half of the olive oil.
2. Blend on low, while drizzling in the remaining olive until it forms a beautiful puree (about 30 seconds).
3. Store and refrigerate the remaining pesto to use within a week or two.