

## **Pesto Recipe**

### **By Christa Sinadinos**

Take three bunches of basil and pull the leaves off of the stems. Clean them and spin them in a lettuce dryer.

Pour  $\frac{1}{4}$  cup (or so) of extra virgin olive oil into a food processor  
Add  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of either: pine nuts, pecans, almonds, or walnuts  
Add 2-3 cloves of peeled garlic (optional); or sauté the cloves first in olive oil on low (with a lid on), to reduce the pungency of the garlic

Blend the previously listed ingredients briefly or pulse the machine until the nuts are coarsely chopped. Next, begin to add the basil into the machine and pulse the machine so that the leaves still have some texture (and are not finely macerated.) Pulse until all of the leaves are coarsely chopped. If necessary, add a splash of olive oil.

Add the juice from one small lemon or half of a large lemon and  $\frac{1}{2}$  to  $\frac{3}{4}$  cup (or so) of grated parmesan

Pulse the blender again until all of the ingredients are blended, but still have some texture.

### **Pasta**

In a separate pot, heat up water for pasta. When water is boiling, add the pasta and cook (with the lid off) until the pasta has reached the desired consistency. When it is done, strain it, rinse it, and then add a small amount of olive oil so that the pasta doesn't stick together. To make pesto pasta, simply add the pesto on top of the pasta or mix in the pesto with the pasta.

**Optional:** Chop and dry roast pine nuts in a pan, on the stovetop. Cook them on low and stir them frequently to avoid burning them. Once they are cooked, sprinkle over the pesto and pasta.

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### **Pesto Pasta and Veggie Medley**

To prepare the next recipe, keep the pasta in a separate pot until the veggies are cooked. Really, I use whatever veggies I have in the fridge, but you can add whatever sounds good to you. Just be sure to factor in the appropriate cooking times for each vegetable.

First clean and chop all of the vegetables.

Pour some olive oil into a pan and then sauté the following ingredients with a lid on the pan, for a few minutes: 1 medium onion; 2 sticks of celery; 1-3 cloves of peeled garlic.

Stir frequently.

Next add the following:

1 small head of cauliflower or ½ of a large head

2 carrots cut in ¼ inch slices, diagonally

Sauté for one to two more minutes

Then add the following:

1 head of broccoli (chop heads and stalks)

Zucchini and/or yellow squash (one of each), cut in half, length wise, and then cut in ¼ to 1/3 inch width. If necessary, quarter them.

Button mushrooms 1-2 cups (quartered)

Swiss chard (slice down the middle, then in 1 inch strips, width wise)

At this point, I add splash of cooking dry cooking sherry and soy sauce, cover with a lid and cook for a few minutes, until the broccoli is bright green and the zucchini and mushrooms are lightly cooked, but still firm. All of the vegetables should be lightly cooked.

You can add enough of the following ingredients to the vegetables to create a creamy texture. You may need less or more of these.

1 tbs. of butter (or not)

2-3 tbs. of sour cream (can be low fat)

1-2 tbs. of ½ & ½ or milk

A sprinkle of parmesan

Once the veggies and dairy base are mixed, add the pasta and pesto, and mix everything together. Still keep the burner on low until all of the ingredients are blended and warmed.

Enjoy!