



Recipe for-

Family Friendly Recipe: Garden Herb Pesto & Pasta Toss

Ingredients:

Any combination of fresh herbs: basil, parsley, oregano, mint, chives, thyme, and rosemary
1 large handful of fresh spinach (arugula may also be used) for added nutrition
3-4 Tablespoons olive oil
Sprinkle of salt & pepper

Preparation steps:

Rinse fresh herbs & spinach under cool running water, then, soak in cool water for 2 minutes. Drain well & pat dry with paper towels. Chives should be cut into 3-inch sections to work best in the food processor. When using oregano, thyme or rosemary, be sure to use only the leaves and discard the plant stem. The stem on basil and parsley can be used in this recipe.

Place all of the herbs in a food processor. Add 3 Tablespoons olive oil plus a sprinkle of salt & pepper. Process until the mixture becomes a smooth paste (pesto). If the mixture is dry or clumping add an additional 1-2 Tablespoons olive oil. Set aside 1/3-cup pesto for this recipe. The remaining pesto can be frozen in ice cube trays, and when frozen transferred to a freezer bag for storage. Pesto can be stored for up to 6 months in an airtight freezer bag, then used for pasta, addition to soups, stirred into light sour cream or yogurt for a vegetable dip.

Toss pesto into your favorite hot whole grain pasta. If you have leftover grilled or roasted vegetables add them into the pasta pesto mixture.

Serve with a sprinkling of grated parmesan cheese as a tasty family meal!