

Shopping List

Produce

Basil

Garlic

Baby Spinach

Chives

Lemon

Bulk

Olive oil

Roasted Hazelnuts

Sea Salt

Grocery

Pine nuts

Dairy

Parmesan cheese



Check out our recipe blog at
www.communityfoodcoop.wordpress.com
You can sign up to receive recipes periodically via email or RSS feed.

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Basil Pesto and Spinach-Chive Pesto



Community
FOOD CO OP

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INGREDIENTS

Traditional Basil Pesto:

- 2 cups blanched basil (packed)
- 1/2 c toasted pine nuts*
- 1 c grated parmesan cheese
- 3 cloves garlic, crushed
- 1/4—1/2 c extra virgin olive oil

Spinach-Chive Pesto:

- 2 c baby spinach
- 1/2 c toasted hazelnuts
- 1/2 c parmesan cheese
- 1/4 c extra-virgin olive oil
- 4 t fresh lemon juice
- 1/4 t sea salt
- 2 garlic cloves, crushed
- 2 oz fresh chives (chopped, about 1 1/2 c)

INSTRUCTIONS

For Basil Pesto:

1. Blanch basil and toast pine nuts.
2. Put basil, pine nuts, parmesan, and garlic in a food processor and pulse to blend.
3. Slowly add oil through the feed tube until your paste reaches desired consistency.

Blanching your basil first (dunking the leaves in boiling water for about 20 seconds and then plunging them in icy water) keeps your pesto from turning brown as the basil oxidizes. It does not affect the flavor of the basil.

For Spinach-Chive Pesto:

1. Combine all ingredients in a food processor.
2. Process until finely chopped, scraping sides as necessary.

For a vegan version, just omit the parmesan cheese.

Parmigiano Reggiano (from Italy) is highly recommended for either of these recipes. You can find this imported cheese in our specialty cheese section. The rinds can be kept in the freezer and added to soups for extra richness.

* You can substitute almonds or walnuts for the pine nuts.



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