

# Eat a Rainbow Recipes

## GREEN

### Basil Pesto

Makes 2 cups.

#### Ingredients:

¼ cup pine nuts  
1-2 cloves garlic, peeled and chopped  
2 cups basil leaves, washed  
1½ cups grated parmesan  
1 cup olive oil  
Salt to taste

#### Equipment:

Food processor  
Garlic crusher  
Rubber spatula  
Grater  
Fry pan  
Wooden spoon  
Cutlery knife and chopping board  
Measuring cups  
Bowls

#### Tips:

Pesto is great to have on hand and can be used in lots of ways to make things taste great! Try it as a dip with raw vegetables, stirred through pasta, on pizza or in sandwiches and roll ups.

Try it on your favourite barbecued meat or roast chicken. Pesto freezes well in small batches or ice-block containers.

#### Method:

1. Toast the pine nuts until golden in a frying pan over gentle heat. Stir frequently with a wooden spoon to prevent from burning. Set aside to cool.
2. Crush peeled garlic and place in bowl of food processor with basil, pine nuts, parmesan and a pinch of salt. Mix to a smooth consistency.
3. With the motor running, pour in the olive oil in a steady stream and process until the mixture is smooth. Taste and add more salt if necessary. Add a little more oil if a thinner consistency is required.
4. Using the rubber spatula scrape into screwtop jars. Store in the fridge for up to three days.

