

Natural Healing Express Weekly

Column 343 Fresh Pesto

If you are like me, you have been enjoying your garden plants all summer. However, as fall and the Harvest season approach, many of you are gathering your peak plants and either canning or storing in some way. One of my most favorite plants is basil. And from our many basil plants, we enjoy making Pesto. Great pesto tastes fresh, herbal and nutty. Sometimes, it will take on a bit of a garlic hint as well, but it is always delicious!

Homemade pesto, like most other homemade items is much tastier than its store bought counterparts. One reason, homemade items are made with LOVE. And, probably much higher quality ingredients. One of the things I enjoy about pesto is that it is supremely easy to make. Take the cover off the food processor or put the blades in the blender. When Pesto was first made in Liguria, Italy, the basil was crushed by using a mortar and pestle. I will admit, if I have time, I do enjoy the fresh smell of the basil as it is crushed and the therapeutic “pounding”, however, I highly recommend for beginners using your food processor.

Fresh Pesto

Ingredients = 1/3 cup of raw pine nuts, almonds, pecans, walnuts or pepitas; 2 cups fresh basil leaves (approximately 3 oz.); ¼ cup of grated Parmesan cheese; 1 tbsp. lemon juice ( I usually squeeze fresh lemon); 2 cloves chopped garlic, ½ tsp. sea salt; ½ extra virgin olive oil.

Lightly toast the nuts or seeds for extra flavor over medium heat for approximately three minutes.

Combine basil, COOLED nuts/seeds, parmesan, lemon juice, garlic and salt into food processor. With the machine on low, slowly add olive oil. Mix well.

Taste. Add salt if it tastes too bitter or more parmesan if you would like it to be creamier. If the pesto is too thick, thin out with more olive oil.

Cook in your favorite dishes. Suggestions are pasta, zucchini noodles, pizza, sandwiches, soup, and toast, almost anything you can think of!

Store leftover pasta in the refrigerator for up to 1 week. You may also freeze if desired. I use the ice cube tray and then zip lock the tray. That way you can take out as much as you would like when you need it. Enjoy your fresh PESTO.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: [skscham@aol.com](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express