

Herbal Legacy Recipes

A Pesto for All Seasons

Soaked almonds replace the expensive pine nuts without losing any flavor in this delicious and nearly traditional pesto recipe.

INGREDIENTS:

- 2 ½ cups packed basil or parsley
- 3-4 cloves garlic, crushed
- 1 teaspoon sea salt
- ¼ cup *soaked almonds
- ¾ cup olive oil
- Pepper to taste
- ½ c nutritional yeast flakes or
- Nondairy Parmesan Cheese



DIRECTIONS:

1. In a blender or food processor, combine the basil or parsley, and garlic.
2. Add the salt, soaked almonds, and olive oil. Blend to a creamy butter consistency.
3. Add more oil, if necessary, add salt and pepper to taste.
4. Finally, add the nutritional yeast flakes.

Drizzle over steamed pumpkin in the fall, sweet potatoes in the winter, new potatoes and salads in the summer. Makes a great topping for steamed veggies, (onion, cabbage, carrots, cauliflower, broccoli, green beans, sugar snap peas and much more) any time of the year.

Other variations:

- Toss with sprouts, chick peas and ripe tomatoes for a healthy, hearty meal.
- Double or triple the garlic during cold and flu season.
- Pour over baked spaghetti squash “noodles” or grated, little steamed zucchini for a healthy “pasta”. *Bon Appétit!*

*for soaked almonds: fully cover a handful of almonds with distilled water, let sit 12-24 hours, then proceed to use.

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