

Parsley Pesto

In a blender place 2 bunches of parsley and 3 bunches of chopped basil.

Add 3 cloves of garlic

¼ pound of pine nuts

1 slice of butter (optional) and enough olive oil to make a thick paste.

If the fresh basil is not available you can substitute more Parsley and use dried basil, about 2 or 3 tablespoons. If the pine nuts are not available you can omit them or replace with roasted sunflower seeds.

Pesto is served over spaghetti in place of sauce and it is used as a dollop to top minestrone soup.

Recipe from Dr. Christopher's Herb Syllabus