

All About Pesto!



Fun Fact: Pesto originated in Genoa, Italy and is thought to have two predecessors going back as far as the Roman Age!

Pesto traditionally consists of crushed garlic, pine nuts, basil, salt and a hard cheese- usually parmesan and blended with olive oil.

Over the years, however, it has been modified throughout different cultures and dishes and is now often made without nuts or cheese!

Uses: Pesto is most commonly used on pasta dishes, but it is also great on veggies, potatoes, casseroles or in salad dressings! It really goes well with just about anything.

Store prepared pesto in the fridge for up to a week. Pesto also freezes really well for future use.



RECIPE Garden Pesto Salad



Servings: 4-6
Prep time: 20 minutes

Pesto:

2 cups loosely packed basil
1/4 cups chickpeas, soaked overnight with double the water (DO NOT COOK)
1/2 cup oil
1/2 cup parsley, roughly chopped
1/2 tsp Salt to taste

Salad:

2 cups chickpeas, cooked according to instructions on package
1 cup green beans, washed, trimmed and cut in 1/2-inch pieces
1/2 lb. tomatoes, diced
1 small onion, diced

Preparation:

To make the pesto:

Note: Chickpeas mimic nuts in this recipe. Soak chickpeas overnight and cover with double the amount of water. Alternatively, you can cook them in a pressure cooker or Instant Pot, for 5 minutes.

1. Add 1/4 cup chickpeas, garlic, parsley, basil, salt and 1/4 oil. Blend until finely chopped. Slowly blend in the remaining oil. Season with salt and pepper and set aside.

For the salad:

2. Quickly sauté or steam green beans, 3-5 minutes.
3. Combine the cooked chickpeas, cooked green beans, tomatoes, onion and pesto in a large bowl. Mix until all vegetables are covered with pesto.
4. Serve warm or cold and enjoy!

