

Basil Pesto

1 cup fresh basil leaves
3 cloves garlic, crushed
3 tablespoons pine nuts or cashews
1/3 cup finely grated parmesan
1/3 cup olive oil
1-3 tbsp lemon juice
Salt and pepper to taste

Combine basil, garlic, nuts, and parmesan in a food processor or blender. Season with salt and pepper. Pulse several times. Slowly add olive oil and pulse after each addition. Occasionally stop to scrape down sides. Add lemon juice to suit your preferred taste and consistency. Store in an air tight container in the fridge for up to a week. This recipe freezes well, too.

Equipment: Chopping board, knife, wooden spoon, grater, measuring cups and spoons, juicer, food processor or blender.