



While basil is in season, you can make plenty of pesto and freeze it so you can enjoy the summer's best during the winter.

## Ingredients

- 3 cups (750 mL) packed fresh basil leaves, washed, dried, and with thick stems removed
- 4-6 garlic cloves, peeled
- ½ cup (125 mL) pine nuts or walnuts
- ½ cup (125 mL) freshly grated Parmesan cheese
- ½ cup (125 mL) Omega Essential Balance Oil, or Udo's Choice Ultimate Oil Blend, or hazelnut oil, or flaxseed oil

## Instructions

1. Add basil leaves, garlic, pine nuts, Parmesan cheese and half of the oil to the food processor and blend until ingredients are well mixed.
2. While the processor is still running, pour in the remaining oil. Pesto will become a thick paste.
3. Keep sealed in refrigerator and use within one day or basil will oxidize and turn black. Cook your favorite pasta and serve it dressed with delicious pesto.

## Variations on Basil Pesto

**Sun-Dried Tomato Pesto:** Replace half of the basil with a 2 oz (60 g) jar of sundried tomatoes (oil drained).

**Roasted Red Pepper Pesto:** Replace half of the basil with two large roasted red peppers. Roasted red peppers are excellent as a side dish with a little Omega Garlic-Chili Flax Seed Oil.

To roast red peppers:

1. Place in a 250°F (120°C) oven for 25 minutes. Turn twice during cooking.
2. Remove from oven and leave to cool on a wire rack.
3. When cool, peel skin and remove seeds.

Makes 2 cups (500 mL).