

Chef at the Market – June 9, 2012

Chef James Leedy, The Braided Mane inside the Holiday Inn

1900 Hilltop Drive, Redding, CA 96002 – (530) 226-8490

Artichoke Pesto

2 cups canned artichokes, drained (canned in water)

½ cup parmesan cheese, shredded

1 Tbsp basil pesto

¼ cup feta cheese, crumbled

½ Tbsp fresh garlic, chopped

1 Tbsp fresh parsley, chopped

⅛ cup fresh lemon juice

½ tsp sea salt

½ cup olive oil

1. Combine all ingredients except olive oil in food processor.
2. Pulse until ingredients are rough blended.
3. Steep in olive oil gradually while pulsing food processor.
4. Continue until smooth.
5. Store in airtight container. May be kept in refrigerator for 4-5 days.

Makes 10 servings.

Enjoy!

For additional *Chef at the Market* recipes, visit
www.healthyshasta.org/chefatthemarket.htm.

