

Chef at the Market – Saturday, June 22, 2013
Recipes presented by Sadie Roy, Chartwells at Simpson University

Walnut Basil Pesto

You can substitute pine nuts for this recipe as well. Using a good quality extra virgin olive oil is what makes this dish a healthy dish. This recipe pairs well with chicken, fish and vegetables.

Ingredients:

1 cup walnuts
3 Tbsp garlic
4 ½ cups packed basil
½ cup mint
1 cup grated parmesan cheese
1 cup olive oil
Salt and pepper

Directions:

Blend walnuts for 15 seconds. Next add garlic, basil, mint, and parmesan cheese. Slowly add olive oil while the blender is running. Add salt and pepper to taste.

Pesto Pasta with Pan Roasted Tomatoes

This recipe is a great use of the abundant tomatoes available. Can use sweet 100, grape or cherry tomatoes. The roasted tomatoes also pair well with fish, beef, and lamb.

Ingredients:

1 pound sweet 100 or grape tomatoes
1 Tbsp olive oil
2 cloves garlic, chopped
1 Tbsp fresh basil, chopped
2 Tbsp balsamic vinegar
1 pound cooked pasta
½ cup walnut pesto (see recipe below)
¼ cup parmesan cheese
Salt and pepper to taste

Directions:

Sauté tomatoes in olive oil until tender; add garlic and basil. Sauté for another 2 minutes then add balsamic vinegar and stir to coat. Toss pasta with pesto, tomatoes, and parmesan cheese. Add salt and pepper to taste.