



PESTO

by The Food Next Door- SWELL

Ingredients

2 handfuls of fresh herbs (Basil)
1 whole garlic bulb
 $\frac{3}{4}$ cup olive oil
Salt to taste

Directions

There is a variety of herbs that can be mixed to make pesto: thai basil, oregano, parsley, purslane, rosemary, mint, among others. Let your imagination and taste create pesto!

You can make pesto in a food processor but the traditional method is to use a mortar and pestle. Wash thoroughly the herbs. Peel the garlic, then pound in a pestle and mortar with a pinch of salt. Add olive oil and chopped herbs in handfuls. Crush the leaves against the side of the mortar in a circular motion until forming a paste. Add salt to taste.

We believe that health starts with good food, but good food does not exist without real farms.

Thank you for joining our subscription program and helping us promote health through a sustainable food system.

Mother Earth will thank you too, and you will feel the difference!

