

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Arugula Pesto

This pesto benefits from sitting at least a half hour before using so the sharpness of the arugula mellows and blends with the other flavors.

Makes a scant 1 cup

2 medium garlic cloves

Rounded ¼ cup walnuts

4 ½ cups arugula, tightly packed

½ cup flat leaf parsley, tightly packed

½ teaspoon salt

6 twists freshly ground pepper

½ cup extra virgin olive oil

½ cup grated pecorino or Parmesan cheese

With the food processor running, drop in the garlic cloves. When they are minced, stop the machine. Add the walnuts and arugula and process with the pulse button till chopped. Add the salt and pepper and the olive oil. Process till combined. Add the grated cheese and use the pulse button to incorporate it.

