



# LeiHall Farm Recipes

## Basil Sunflower Seed Pesto

- 4 c. coarsely chopped fresh Basil Leaves
- 1 c. Unshelled raw sunflower seeds (Do not boil and roast)
- 1/2 c. Olive oil
- 1 c. Freshly grated Parmesan
- 2 Tb. Sweet butter, softened
- 2 cloves Garlic, crushed

In a blender in batches or in a food processor puree the basil with the Sunflower seeds, the oil, the Parmesan, the butter, the garlic, and salt to taste. Transfer the pesto to a small bowl and lay plastic wrap directly on the surface to prevent discoloration. The pesto keeps, covered and chilled, for 2 weeks. Makes about 1 1/2 cups.

To use the pesto: For every pound of dried pasta cooking in a pot of boiling salted water, stir together in a heated serving bowl 3/4-cup pesto and 2/3-cup hot pasta cooking water. When the pasta is al dente, drain it. In a colander, add it to the pesto mixture, and toss the mixture with lemon juice, salt, and pepper to taste.