

Mixed Herb Pesto with Seasonal Vegetables



VEGETARIAN



GLUTEN FREE

Ingredients

- 2 cups fresh basil leaves
- 1 tablespoon fresh thyme
- 1 tablespoon fresh rosemary
- ½ cup freshly grated Parmesan
- ¼ cup olive oil
- ¼ cup walnuts
- Roasted seasonal vegetables (Fall: potatoes – white and sweet, onions, carrots, fennel)

Directions

Pesto

1. Toast walnuts in a dry skillet over medium heat for 3-5 minutes.
2. In a food processor, blend together all ingredients until smooth.
3. Season with salt and pepper to taste.
4. Pour over roasted vegetables and toss until they are evenly covered.

Roasted Vegetables

1. Preheat oven to 400 degrees.
2. Divide vegetables and garlic between two rimmed baking sheets (or line with parchment paper, if desired, for easy cleanup); dividing evenly, toss with oil, 2 teaspoons coarse salt, and 1/4 teaspoon pepper.
3. Roast until vegetables are tender and beginning to brown, 30 to 40 minutes, tossing them and rotating sheets from top to bottom halfway through.
4. Serve hot or at room temperature.

Recipe from Cook Well Berkeley: Seasonings & Spices to Boost Health, Fall 2013