



Good Food
Good Health
Happier Days! ♥

Basil

The Flavorful Herb
with Powerful Benefits! ♥

Health Benefits of Cooking with Basil



Rich in Antioxidants

Contains plant compounds that help protect cells from oxidative stress.



Supports Heart Health

May help maintain healthy cholesterol and support healthy circulation.



Aids Digestion

Traditionally used to help ease bloating, gas, and indigestion.



May Help Reduce Inflammation

Contains natural anti-inflammatory compounds.



Supports Brain Health

Compounds in basil may help support memory and cognitive function.



Supports Immunity

Rich in vitamins A, C and K, along with essential oils that may help your body stay strong.



Bubbie's Tip:

Use fresh basil whenever possible. Add it at the end of cooking to keep its bright flavor and nutrients. ♥

Bubbie's Classic Basil Pesto ♥

FRESH • FLAVORFUL • VERSATILE

Ingredients

- 2 cups fresh basil leaves (loosely packed)
- 1/3 cup pine nuts (or walnuts)
- 2 cloves garlic
- 1/2 cup grated Parmesan cheese
- 1/2 cup extra virgin olive oil
- 1/4 tsp salt (or to taste)
- 1/4 tsp black pepper (or to taste)
- 1 tsp lemon juice (optional, for brightness)

Directions

1. Add basil, pine nuts, garlic, Parmesan, salt and pepper to a food processor.
2. Pulse a few times.
3. Slowly drizzle in olive oil while processing until smooth (but still a bit textured).
4. Add lemon juice if using.
5. Taste and adjust seasoning.
6. Enjoy immediately or store in an airtight container in the refrigerator for up to 5 days.

Delicious Ways to Use Basil Pesto:

- ✓ Toss with pasta
- ✓ Spread on sandwiches or wraps
- ✓ Drizzle over grilled chicken or fish
- ✓ Add to soups or salads
- ✓ Use as a dip (try with veggies)
- ✓ Mix into roasted vegetables

"Taste and see that the Lord is good."

Psalms 34:8 (NIV)



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