

Recipe: Spinach Basil Pesto

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Daniel Holzman, executive chef and co-owner of The Meatball Shop located in New York City, originally presented this recipe on “Living Today” on Tuesday, October 5, 2010.

Ingredients

Yield: 4 cups

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1/8 cup walnut pieces
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4 cups fresh baby spinach leaves
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2 cups fresh basil leaves
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1 teaspoon salt
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1/2 cup olive oil
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1/8 cup grated parmesan cheese
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Directions

1. Preheat the oven to 350 degrees.
2. Spread the walnuts on a laser baking dish (9x13) and roast in the oven until golden brown and toasted (about 12 minutes). Set aside and allow to cool thoroughly.
3. Fill a large (6 qt) stock pot three-quarters of the way full with water and bring to a rolling boil over a high heat.
4. Fill a large bowl with ice and water half way up and set close to the sink.
5. Dump the spinach and basil in the boiling water and stir. After one minute, strain the greens, discarding the water and plunge the greens into the bowl with ice and water. Drain the greens and squeeze them so that they are good and dry.
6. Chop the greens.
7. Combine all of the ingredients in a food processor and blend on high speed until an even “pesto-like” consistency is reached.
8. Season with extra salt as needed.

