



WellBeingMD's Mindful Kitchen

Tender Herb Pesto

Adapted from Fine Cooking Magazine June/July 2017

Herbs can be divided into two categories: tender and woody. This recipe features the tender herbs of **tarragon, dill, mint, basil and parsley** to make this flavorful pesto. The pesto may be served with raw vegetables, whisked into a vinaigrette, drizzled on grilled vegetables or smeared on some hard cheese. **Makes 2 cups**

Ingredients:

- 1 cup of **extra virgin olive oil**
- 2/3 cup of coarsely chopped **garlic**
- 2 packed cups of **mixed tender herbs**, tarragon, dill, mint, and basil
- 1 cup of packed organic **flat leaf parsley** and stems
- 1 cup of coarsely graded **romano or Parmigiano-Reggiano cheese**
- ¼ cup raw organic **cashews**
- Sea salt and pepper to taste

Directions:

1. In a small sauce pan, combine the olive oil, garlic and 1/4 tsp of sea salt.
2. Put the pan on low heat so that the oil barely bubbles; cook until the garlic is soft but not brown (10-15 minutes).
3. Let oil and garlic completely cool and transfer mixture to food processor.
4. Add herbs, cheese and cashews. Process until smooth. More oil may need to be added to loosen pesto.
5. Serve as needed or cover and refrigerate.



Health Benefits of Parsley

Parsley is useful as a digestive aid with its high fiber content which helps move foods through the digestive tract plus it controls blood-cholesterol levels. It has a diuretic effect and is used as a natural breath freshener. Parsley contains lots of **vitamin A** and **C**, **copper**, and **manganese**, and twice the **iron** than the same amount of spinach. If you want to be impressed by parsley, take a look at its **vitamin K** content – a whopping 574% of the daily recommended value. What this does is promote bone strength, but it also has a role in the treatment and possible prevention of Alzheimer's disease by limiting neuronal damage in the brain. The vitamin K dominance is enough to make the 62% daily value of vitamin C and the 47% DV in vitamin A look positively paltry, but the “C” content is 3 times more than in oranges, and the “A” augments the carotenes lutein and zeaxanthin, helping to prevent eye diseases like cataracts and macular degeneration. Eating parsley is now thought to be a way to **detoxify the system** of harmful compounds like mercury, sometimes found in dental fillings. A tea made from parsley is a traditional remedy for **colic, indigestion, and intestinal gas**, and as an herb helps to **purify the blood and fight cancer**. Sprinkle it in your next casserole or pot of soup to add a fresh and nutritive flavor dimension.



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Home of "The Mindful Kitchen"

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