



FOOD DRINK AND CONVERSATION
FROM AROUND THE TABLE

Grilled Pesto Chicken

Boneless, Skinless Chicken Breasts
Basil Pesto (store bought or make fresh – see recipe below)
Salt and pepper

Rub the chicken with pesto and sprinkle with salt and pepper. If you have time, let it marinate in the fridge for 2-12 hours. Grill on a hot grill until cooked through.

Serve chicken sliced over the pasta of your choice tossed with pesto or with a fresh, green salad. For the salad pictured above toss spring greens, feta cheese, red onion and kalamata olives with olive oil and red wine vinegar. Sprinkle with salt and pepper.

Basic Basil Pesto

3 garlic cloves
1/2 cup toasted pine nuts
1/2 cup Parmesan cheese, grated
1 teaspoon salt
1/2 teaspoon black pepper
3 cups loosely packed fresh basil
2/3 cup good quality olive oil

With food processor running, drop in garlic and finely chop. Stop motor and add nuts, cheese, salt, pepper, and basil, then process until finely chopped. With motor running, add oil slowly, blending until incorporated. Store in a tight container in the fridge for up to a week. Or, put pesto in an ice cube tray and freeze. Store pesto cubes in a frozen bag and use on pasta, chicken and salads throughout the year!