

BASIL



HOW DOES IT TASTE?

Basil has a sweet and earthy taste with a slight peppery flavor.

HOW DO I PICK IT?

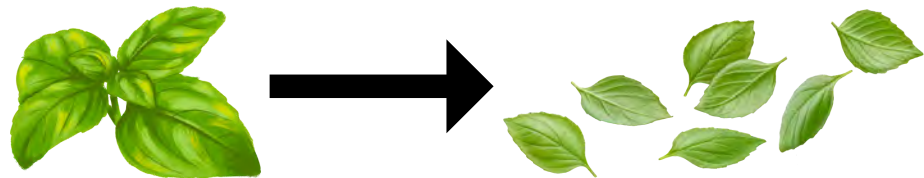
When shopping for basil, look for vibrant green leaves that don't look wilted. Basil is a summer plant but it is enjoyed year-round.

HOW DO I STORE IT?

Fill a jar with about an inch of cold water. Cut the basil half an inch from the bottom of the stems and place in the jar. Loosely cover the top of the basil leaves with a plastic bag.

HOW DO I PREPARE IT?

1. Rinse the basil under cool running water. Pat dry with a clean towel.
2. Remove the leaves from the stem. Chop, slice, or leave whole depending on your recipe.



Leaves can be kept whole or can be **chopped** and used as a **garnish** or **layered** into a cheese and tomato sandwich. Basil leaves can be **cooked** by adding them to a **soup** or other recipes. Leaves can be **blended** into a **dressing** or **sauce**. They can also be added whole to **salads**. When using in cooked dishes, add fresh basil near the end of cooking for the best flavor.

BASIL PESTO

Ingredients

- 2½ cups fresh basil leaves
- ⅓ cup parmesan cheese
- ¼ cup olive oil
- 1-2 cloves garlic

Directions

1. Rinse basil and remove stems.
2. Add all ingredients except olive oil into food processor or blender.
3. Blend ingredients while slowly pouring in the olive oil. Blend until smooth.
4. Add to pasta, sandwiches, or chicken for some extra flavor.

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KITCHEN TIP!

You can freeze the pesto in an ice cube tray for easy eating all year-round.