

# GENERAL RECIPES

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## PESTO

### Ingredients

2 cups loosely packed fresh basil leaves  
(or use a variety of greens from CSA box)  
1/2 cup shredded Parmesan cheese  
1/2 cup sunflower seeds or nuts  
1/2 cup olive oil (preferred) or vegetable oil  
3 large garlic cloves  
1/8 teaspoon salt



### Directions

1. Process fresh basil leaves or greens and remaining ingredients in a food processor until smooth, stopping to scrape down sides.
2. Store pesto in refrigerator up to 5 days.
3. Serve with crackers, pasta, or however you like.

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## Roasted Winter Squash Seeds

Yield: 4 servings

Time: 25 minutes

### Ingredients

1 cup winter squash seeds  
1 tablespoon olive oil (preferred) or vegetable oil  
1/2 teaspoon salt, or to taste



### Directions

1. Preheat the oven to 275°F. Line a baking sheet with parchment paper or aluminum foil.
2. After removing the seeds from the squash, rinse with water, and remove any strings and bits of squash. Pat dry, and place in a small bowl. Stir the oil and salt into the seeds until evenly coated. Spread out in an even layer on the prepared baking sheet.
3. Bake for 15 minute, or until seeds start to pop. Remove from oven and cool on the baking sheet before using.

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## BASIC VINAIGRETTE DRESSING

### Ingredients

3 tablespoons cider vinegar  
(balsamic, red wine, white wine, and rice wine vinegars can be used also)  
1 clove garlic, finely chopped  
1 teaspoons sugar  
1/4 teaspoon prepared mustard  
1/2 teaspoon salt  
Pepper, to taste  
1/4 cup olive oil



### Directions

1. Combine first 6 ingredients.
2. Whisk mixture while slowly adding oil.
3. Serve immediately. Leftover dressing can be refrigerated up to 1 week.

**NOTE:**

*Olive oil will become solid in the refrigerator.  
Set it out on the counter 10 minutes  
before use to liquefy.*