

Creative Cooking

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SEASON 3 EPISODE 3 PESTO POSSIBILITIES



PESTO AVOCADO SANDWICH

INGREDIENTS

- gluten-free bread
- **Spinach Pesto** (next recipe)
- 2 leaves of green leaf lettuce
- 1 organic Roma tomato, sliced
- ½ red onion, sliced
- 1 avocado, sliced

INSTRUCTIONS

Toast bread slices. Spread Spinach Pesto on both slices.
Layer with lettuce, tomatoes, red onion, and avocado slices.
Cut in half diagonally and enjoy!

SPINACH PESTO

INGREDIENTS

- 1 cup fresh organic spinach
- 2 cups fresh basil
- ¼ cup pine nuts or cashews
- 2 cloves garlic
- 2 tsp lemon juice (juice of ½-1 lemon)
- ¼ tsp salt
- ¼ cup nutritional yeast flakes

INSTRUCTIONS

Place the spinach, basil, pine nuts, garlic, lemon juice, and salt in a food processor and pulse until pureed into a smooth consistency.
Add nutritional yeast and blend until smooth.

ONION BASIL TORTILLA

INGREDIENTS

- gluten-free tortillas, such as almond tortillas
- ½ cup arugula
- ¼ cup black olives, sliced
- ¼ cup red onions, sliced
- 8 organic cherry tomatoes, halved
- ¼ tsp ground garlic to sprinkle
- red pepper flakes to sprinkle to taste
- **Cheesy Sauce** (see next page)
- **Spinach Pesto** (previous recipe)
- garnish with fresh basil

INSTRUCTIONS

In a nonstick pan, dry sauté arugula, olives, onions, tomatoes, and garlic over medium heat until heated through and onions are softened and arugula is wilted, stirring frequently to prevent sticking. If it sticks, add a little water. Wipe skillet clean.

Divide veggies, garlic powder, and pepper amongst the number of tortillas you decide to make. I made three.

Spread a thin layer of Cheesy Sauce on the tortilla, then ladle on the sautéed vegetables.

Place tortilla in a heated, ungreased, nonstick pan over low medium heat. Sprinkle with granulated garlic (ground garlic, garlic powder) and red pepper flakes.

Drizzle with pesto sauce. Garnish with fresh basil leaves. Enjoy!

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CHEESY SAUCE

INGREDIENTS

- 2 cups raw cashews, soaked
- 2 Tbsp nutritional yeast flakes
- 2 Tbsp smoked paprika
- 1-2 garlic cloves
- 1 Tbsp amino acids
- 1 Tbsp apple cider vinegar with the 'Mother'
- juice of 1 lemon
- 1 tsp red pepper flakes, optional

INSTRUCTIONS

Combine all ingredients in a high-speed blender, and blend until creamy.

AVOCADO BASIL TOAST

INGREDIENTS

- 2-4 slices of good gluten-free bread, dry-toasted and sliced in half
- 1 large avocado, peeled and mashed
- 1 large garlic clove, minced
- 1 tsp smoked paprika
- ¼ cup diced red onions
- ¼ cup fresh basil, chopped

Tomato Topping:

- 10 cherry tomatoes, sliced
- 1 large garlic clove, minced
- 2 Tbsp fresh basil, chopped
- juice of ½ lime
- salt to taste

INSTRUCTIONS

Mash 1 large avocado in a bowl.

Add 1 large garlic clove minced, smoked paprika, onions, and most of the basil.

Taste and add salt if needed.

Topping:

Add sliced tomatoes, garlic, basil, and lime in a separate bowl and combine well. Salt to taste.

Spread the avocado mixture on toast. Add 2 tablespoons basil for garnish. Top with the tomato mixture, and enjoy!