

PESTO

2 cups fresh basil or cilantro leaves, packed
2-4 large garlic cloves
½ cup pine nuts or walnuts
¾ cup grated parmesan cheese
2/3 cup olive oil

Using a food processor or blender, add each item in the order listed and mix after each addition, slowly adding oil last. Spread on bread toasts, tomatoes or other vegetables.
Makes 1 2/3 cup.

It has been discovered that cilantro can mobilize mercury and other toxic metals from the central nervous system. Dried cilantro does not work. Nourishing Traditions cookbook.
Pine nuts and walnuts are rich in omega 6.