

Walnut-Parsley Pesto

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Preparation Time: 15 minutes

Bake Time: 55 minutes

1 small head garlic

1/4 cup plus 1 teaspoon extra-virgin olive oil

salt and pepper

1/3 cup walnuts

1 cup loosely-packed flat-leaf parsley leaves

1/4 cup Parmigiano-Reggiano cheese, finely grated

3 tablespoons walnut oil OR additional extra-virgin olive oil

Preheat the oven to 425 degrees.

Cut about 1/3-inch off the top of the garlic head. Place on a six-inch square of foil, drizzle with one teaspoon of the olive oil and sprinkle with salt and pepper. Wrap up the garlic in the foil. Place on a baking sheet. Roast until fragrant and tender, about 45 minutes.

When cool enough to handle, unwrap the garlic and pull the cloves apart. Peel three or four cloves and mash into a paste (you'll need one packed tablespoon).

Lower the oven temperature to 350 degrees.

Spread the walnuts out on the same baking sheet. Toast for 8 to 10 minutes. Let cool, then chop.

Using a food processor, blend the parsley until the chopped leaves stick to the sides of the bowl. Scrape down the sides, then add the walnuts, cheese and garlic paste. Process to blend.

With the machine on, slowly drizzle in the remaining 1/4 cup of olive oil and the walnut oil.

Season the pesto with salt and pepper.

Yield: 2/3 cup

Per Serving (excluding unknown items): 732 Calories; 77g Fat (91.5% calories from fat); 10g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 15 Fat.