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Recipe of the Month

August:

Brassica Pesto for One

This is a tasty way to get some truly healthy vegetables in! Brassica or cruciferous vegetables like kale, broccoli, bok choy, kohlrabi, cabbage, cauliflower, and Brussels sprouts are sources of potent disease-fighting compounds like sulphoraphane, glucosinolate, and indole-3-carbinol. They're also great sources of vitamins A, C, and K, as well as calcium, magnesium, and iron. If you have an underactive thyroid condition, you may need to cook your Brassicas slightly before eating them, as raw vegetables from this group can act as goitrogens, inhibiting thyroid function.

You will need a food processor, or similar attachment for a hand blender. Takes about 5 minutes. To save time, prepare while pasta is cooking.

Ingredients

- 2 leaves organic curly kale, stems removed OR florets of 1 small broccoli
- ¼ cup extra-virgin olive oil
- ¼ cup hemp seeds OR raw cashews
- 1 Tbsp. balsamic vinegar OR fresh lemon juice
- 5-6 leaves fresh basil OR 1 tsp. dry basil
- Pinch of each sea salt, black pepper, & garlic powder OR 1 clove garlic

Directions

Place all ingredients in bowl of food processor. Whiz together until desired consistency, or coarsely chopped and well-mixed.

Spoon onto buckwheat or rice pasta – penne, fusilli, or shell pasta are great.

Makes enough for 1 main- or 2 side-sized servings of pasta.

Alternatively, use your pesto as a base sauce for homemade pizza or bruschetta, as a sandwich spread, or serve as a dip with pita or crusty bread.

Enjoy!

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