

## Pesto

### Ingredients

3 cups lightly-packed fresh basil leaves

1/2 cup freshly grated Parmesan

1/3 cup shelled pistachios

3 cloves garlic

1 teaspoon sea salt

1/2 teaspoon freshly-cracked black pepper

1/2 cup extra-virgin olive oil

### Instructions

In a food processor pulse the basil, Parmesan, pistachios, garlic, salt and pepper together until finely-chopped.

With the food processor still running, slowly drizzle in the olive oil until it is completely combined. Pause the food processor and scrape down the sides, then pulse again until the mixture is smooth.

Serve immediately. Or refrigerate in a sealed container for up to 3 days.

## Meatballs with Sundried Tomatoes and Roast Red Peppers

### Ingredients

1 pound ground beef or turkey

1 Whole Red Pepper, Blister on your burner if you have a gas stove, so good! or you can use from a jar.

1/3 cup sun-dried tomatoes in oil chopped

1 cup panko bonus if it's sun-dried tomato flavor!

1/2 cup grated Parmesan cheese

2 eggs beat

1 tsp garlic powder

1 tsp salt

1/2 tsp pepper

## Instructions

Preheat oven to 425\*

Mix ingredients well together in a bowl.

Form into balls (about 12 meatballs)

Put meatballs on baking sheet spray with cooking spray.

Bake for 25 minutes or until meatballs begin to brown.

## Cheddar Cheese Grits

### Ingredients

1/2 cups whole milk

1/2 tsp salt

1/2 cup quick cooking grits

1/2 Tbsp butter

1/4 cup heavy cream or half & half

3/4 cup shredded sharp cheddar

### Instructions

In a heavy bottomed saucepan, gently bring the milk and salt to a boil. stirring constantly. Whisk the grits into the milk in a steady stream.

Continue to whisk for 1-2 minutes until fully incorporated. Immediately lower the heat to low and cover.

Allow the grits to gently bubble on low heat for 15 minutes stirring periodically to prevent sticking.

Uncover and check the consistency at 15 minutes. Add more milk or water to thin, if needed. Cook for an additional 5-10 minutes. The grits should be thickened and creamy the consistency of porridge.

Add 2 tablespoons of butter and 1/2 cup cream or half & half at the end of cooking. Stir until the butter has completely melted.

Remove from the heat and mix-in the shredded cheddar cheese, stir until melted.

Serve immediately with additional shredded cheese on top.