

# BOSTON Veg Food Fest

## Cooking Presentation

October 24, 2020

[BostonVeg.org/foodfest](http://BostonVeg.org/foodfest)

## Toni Okamoto's Pesto

### Toni Okamoto

From her cookbook, *The Friendly Vegan Cookbook*

*Yield: 2 cups*



This nutty, herbaceous pesto is made with walnuts instead of pine nuts, which will save you tons of money, and we promise you won't even notice the difference. It's that good! With just six ingredients, this versatile and flavorful spread/dip/sauce is great on pizza, pasta, and crostini.

### Ingredients

- ½ cup tightly packed fresh basil leaves
- 1 cup raw walnuts
- 1 teaspoon minced garlic (from about 2 small cloves)
- 1/2 cup olive oil
- 2 tablespoons nutritional yeast
- 1 teaspoon salt

### Preparation

1. In a high-powered blender or food processor, combine all the ingredients and blend on high until smooth and creamy.
2. Enjoy the pesto immediately or store in a sealed jar in the fridge for up to 5 days.