

**Living Well Cancer Resource Center**  
**Green Thumbs – Plant and Herb, Step Up the Flavor!**  
**June 22, 2020**

Basil Hummus Recipe

1/4 cup pine nuts.

2 cups sweet basil leaves, packed.

3 cloves garlic, smashed then minced.

2 15-ounce cans garbanzo beans (chickpeas), rinsed and drained

1/4 cup olive oil.

Up to 1/4 cup water.

1/3 cup fresh lemon juice.

1/2 to 2 teaspoons salt

Tabasco to taste

For dipping: sliced or quartered, carrots, peppers, cucumber

Toast the pine nuts: Heat the pine nuts in a small skillet on medium high heat. Stir them when they start to brown. When most of them have lightly browned, remove them from the pan into a bowl to cool. (Reserve a few pine nuts for garnish.)

Process ingredients in food processor: In the bowl of a food processor, place the basil leaves and the garlic. Pulse until finely chopped.

Add the rinsed and drained garbanzo beans, most of the pine nuts, olive oil, lemon juice, salt, and a few dashes of Tabasco.

Pulse several times, for several seconds each time, until the hummus is smooth. Add more Tabasco and salt or lemon juice to taste.

Add water to the point of desired consistency.

Serve: To serve, place in a bowl and drizzle a little olive oil over it. Sprinkle with a few toasted pine nuts. Serve with pita wedges, crackers, or fresh peppers, carrots, cucumber!

## Lemon Rosemary Potato Salad

### Ingredients

3 pounds small red potatoes scrubbed, quartered

1 tablespoon salt

### For the dressing:

- ¼ cup extra virgin olive oil
- 1 tablespoon red wine vinegar
- Finely grated zest from 1 medium lemon
- 2 tablespoons fresh lemon juice
- 2 teaspoons Dijon mustard
- 2 cloves garlic, minced
- ¼ cup finely chopped fresh parsley
- 2 tablespoons finely chopped fresh rosemary
- 3 tablespoons finely chopped sun-dried tomatoes
- salt and freshly ground black pepper, to taste

Fill a large pot halfway full with water and 1 tablespoon salt. Stir to combine, then add potatoes. Water should cover potatoes by at least 1 inch. Bring to a boil over medium-high heat, then reduce to a steady simmer. Cook until potatoes are tender all the way through, about 15 minutes (they should pierce easily with a knife. Just be careful not to overcook or the salad will be mushy). Drain potatoes in a colander.

Prepare the dressing by combining all ingredients and then adding olive oil slowly at the end. Pour dressing over the potatoes and stir to coat. Season with sea salt and pepper. Let sit for 30 minutes then drizzle with olive oil before serving.

## Tomato Basil Bruschetta

1 (32-ounce) can whole tomatoes, drained

1 cup fresh basil leaves, washed and spun dry

4 tablespoons extra-virgin olive oil

6 cloves garlic, peeled

Kosher salt and freshly ground black pepper

2 large whole grain French baguettes, sliced 1-inch thick (about 36 slices)

1 1/2 pounds fresh mozzarella cheese, sliced 1/4-inch thick

1. Preheat oven to 375 degrees F.
2. In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper.
3. On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes or until light golden brown. Working quickly, rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven and melt cheese slightly, about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece.