

Basil Pesto Sandwich with Tomato and Mozzarella Cheese



This delicious Italian sandwich is a burst of classic red, white and green. Pesto is a sauce originated in Liguria region of northern Italy and traditionally consists of crushed garlic, basil and pine nuts blended with olive oil, Parmesan cheese and Fiore Sardo (cheese made from sheep's milk). This simple and flavorful sauce along with bread and sweet tomato makes you to float in heaven.

Ingredients

- 2 Whole Wheat Bread**
- 1 Roma Tomato, Chopped**
- 1-2 Tbsp of Basil Pesto**
- Dash of Salt and Pepper**

1 Slice of Mozzarella Cheese

Method

- **Spread Basil Pesto on both sides of the bread.**
- **Place chopped tomato and mozzarella cheese on top of the basil pesto. Add dash of salt and pepper.**
- **Place the other side of the bread on top of the tomato to make a sandwich.**
- **Grill the sandwich until golden brown marks appears.**
- **Hot sandwich is ready.**

Tips

- **Serve hot sandwich with flavored potato chips or coffee or Tea.**
- **You can have any cheese instead of mozzarella.**

Health Benefits of Basil Pesto Sandwich

- **Cheese are great source of protein and calcium. Also contains nutrients like zinc and biotin.**
- **Basil pesto has more medical properties, as garlic in it has more antioxidant.**
- **Basil rich in vitamin K.**
- **Pine nuts are packed full of antioxidants and they are also full of dietary fiber, which can aid in a healthy digestive system**

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Basil Pesto Sandwich

[Mini Apple Walnut Pie](#)



Mini Apple Walnut Pie

Thanksgiving is celebrated each year on the fourth Thursday of November in the United States and on the second Monday of October in Canada. Thanksgiving holiday is truly a celebration of praise and thanksgiving. It is what brings families around the table for dessert after a good, Thanksgiving meal. Thanksgiving dinner isn't complete without an apple pie or pumpkin pie for DINNER.

An apple pie is a fruit pie in which the main filling ingredient is apple. It is sometimes served with ice cream on top. Pastry is generally used both in top-and-bottom, making it a double-crust pie, the upper crust of which may be a circular shaped crust or a pastry lattice woven of strips and another circular crust at bottom. The crust along with a sweet, apple filling melting together in your mouth with a scoop of ice cream.

Ingredients

Apple Filling

- 1 Fuji Apple
- 1 Tbsp of Brown Sugar
- 1 Tbsp of White Sugar
- Pinch of Cinnamon Powder
- Pinch(less than 1/4 tsp) of Salt
- Pinch (less than 1/4 tsp) of Nutmeg Powder
- 3/4 Tsp of Corn Starch
- 2 Drops of Lemon Juice

Method



- In a skillet, stir together the apples, brown sugar, white sugar, cinnamon, salt, nutmeg and cornstarch.
- Cook covered over medium heat until apples are tender, about 5 minutes.
- Uncover and cook until the liquid has thickened, about 1-2 minutes. Switch off the stove and stir in the lemon juice and let it cool to room temperature, for about 10 minutes.

Pie Crust

- 3/4 Cup of All Purpose Flour

1/2 Tsp of Sugar
1/4 Tsp of Salt
2 Tbsp of Butter
1 and 1/2 Tbsp of Vegetable Shortening
2-3 Tbsp of Ice Water, as needed

Method



- **In a bowl, add flour, sugar and salt. Add chilled butter and shortening. Rub it with your finger tips or cut the fats into the dry ingredients until the mixture resembles coarse meal.**
- **Sprinkle on ice water, 2-3 tablespoons at a time, and toss with a fork. In a counter-top, turn it into a dough by using hand. Scrape it up into a ball and keep it in a ziploc bag. Chill for 1-2 hours.**
- **Preheat oven to 400 degrees F.**
- **Roll dough out to 1/4-inch thickness on a floured work surface. Lightly spray oil in cavities of the ramekin or muffin pan. Cut the dough into a circles, using a cookie cutter.**



- Gently fit the 1 circle into the ramekin. Spoon in the apple mixture in the center. Top it with few walnuts.



- For top crust, you can create a lattice top or another circular piece of crust on top. Try to seal the two crust together so when they came out of the pan it shouldn't separate.



- **Brush the top crust butter. Sprinkle granulated sugar over the top of each crust.**



- **Bake for 20 minutes until crust is lightly golden brown and apple mixture is bubbling.**
- **Let cool for 5 minutes, then run a sharp knife around the edges of ramekin to loosen pies and carefully take pie out of the pan.**



Mini Apple Walnut Pie

Tips

- If you are lazy to do pie crust at home, you can use store bought pie crust.
- Serve with ice cream on top.
- You can brush top crust either with butter or egg white.
- Adding vegetable shortening is optional.
- For delicious pie, use granny apple instead of fugi apple.

Health Benefits of Apple

- **Phytonutrients in apples helps to regulate the blood sugar level.**
- **Rich in Vitamin B and C**
- **Apple Prevents Cancer and Parkinson disease.**



Sending this recipe to [pi day pie party](#)

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Basil Pesto Pasta with Broccoli and Mushroom

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Pesto is a sauce originated in Liguria region of northern Italy and traditionally consists of crushed garlic, basil and pine nuts blended with olive oil, Parmesan cheese and Fiore Sardo (cheese made from sheep's milk). This simple and flavorful sauce with pasta is a treat to your taste buds and the best way to enjoy basil. Great recipe to pack for lunch box and your kids will love this pasta.

Ingredients

- 2 Handful of Angel Hair Pasta
- 1/2 Cup of Broccoli
- Few Mushroom (I used Baby Portabella)
- 3 Tbsp of Basil Pesto Sauce
- 2 Garlic Cloves
- 1/2 Tsp of Red Chilli Flakes
- Sharp cheddar cheese and Parmesan Cheese to taste

Salt and Pepper to taste
2 Tsp of Olive Oil

Method



- **Bring 3 Cups of water to a rolling boil, add salt to taste.**
- **Add angel hair pasta to water and stir gently.**
- **To get authentic pasta taste, boil uncovered for 10- 12 mins and stir occasionally. once it done, just drain the water and keep it aside.**



- **In a large skillet, heat olive oil, add red chilli flakes, chopped garlic and saute until slightly yellow in color about 1-2 mins.**
- **Add chopped broccoli and mushroom , cook for a 1-2 mins. Season with salt and pepper.**

- Add pasta to the skillet and add basil pesto sauce, toss well. Switch off the stove.
- Top pasta with sharp cheddar cheese, green olives and Parmesan cheese and serve immediately.

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Basil Pesto Pasta with Broccoli and Mushroom

Tips

- Adding cheddar cheese and green olives are optional. I used because I love Cheddar, parmesan and pasta combination.
- You can follow the same recipe by using any pasta.
- Use less oil, as basil pesto sauce itself has more oil in it.

Health Benefits of Pasta

- Try to use whole wheat or multi-grain pasta as it was

rich in nutritional benefits like protein, vitamins, fiber and ALA omega-3.

- Adding green olives prevents heart diseases and cancer.
- Cheese are great source of protein and calcium. Also contains nutrients like zinc and biotin.



