



Parsley Flakes

Parsley is the world's most popular herb. The delicious and vibrant taste and wonderful healing properties of parsley are often ignored in its popular role as a table garnish. Highly nutritious, parsley can be found year round in your local supermarket.

Add parsley to pesto sauce to add more texture to its green color. Combine chopped parsley, garlic and lemon zest, and use it as a rub for chicken, lamb and beef. Use parsley in soups and tomato sauces. Serve a colorful salad of fennel, orange, cherry tomatoes, pumpkin seeds and parsley leaves. Chopped parsley can be sprinkled on a host of different recipes, including salads, vegetable sautés and grilled fish.

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1 teaspoon dried parsley = 1 tablespoon fresh



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3/10 oz.

Spaghetti with Parsley Pesto

Servings: 6

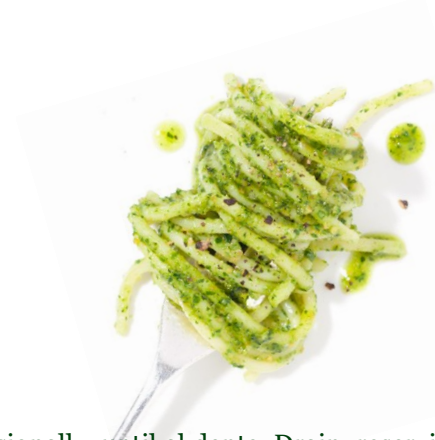
Ingredients

1 pound spaghetti
Kosher salt
1/2 cup unsalted, roasted almonds
4 cups (packed) fresh flat-leaf parsley leaves
3/4 cup chopped fresh chives
3/4 cup extra-virgin olive oil
1/2 cup finely grated Parmesan
Freshly ground black pepper

Preparation

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 2 cups pasta cooking liquid. Meanwhile, pulse almonds in a food processor until smooth. Add parsley, chives, oil, and Parmesan; process until smooth. Season pesto with salt and pepper. Toss pasta and pesto in a large bowl, adding pasta cooking liquid by 1/4-cupfuls until saucy. Season with salt and pepper.

DO AHEAD: Pesto can be made 5 days ahead. Cover surface directly; chill.



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