

Parsley Pasta Sauce

From – From Asparagus to Zucchini

1 cup packed fresh parsley leaves
¼ cup olive oil
2 tsp dried basil
1 ½ tsp dried marjoram
1 tsp finely dried oregano
½ tsp salt
2 cloves garlic
scant ½ tsp fresh ground black pepper
1 cup sour cream
¼ cup grated Parmesan cheese
sunflower kernels

- Combine parsley, olive oil, basil, marjoram, oregano, salt, garlic and pepper in food processor.
- Chop finely.
- Add sour cream and Parmesan. Puree`.
- Place mixture in saucepan. Heat to almost boiling.
- Serve sauce over pasta and sprinkle with sunflower kernels.



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