

SUMMER

Fresh Basil Pesto Baked Fish

We had my nephew and his girlfriend over one summer day. After they had a wonderful water fight outside with our children, it was time for dinner. She was gluten intolerant, so we pulled out some frozen fish—some that was prepared already in basil pesto, and some not. So I googled “homemade pesto” and found this recipe. I picked a ton of basil from the flower pot outside on our deck and had pesto in a few minutes. It turned out GREAT! I preferred the homemade fish to the prepared one, which I had really like well already. Fresh pesto on pasta is fabulous, too.*

fresh or frozen fish, such as tilapia or orange roughy, 1/2-1 fish per person

2 cups fresh basil leaves, packed
1/2 cup freshly grated Parmesan-Reggiano or Romano cheese
1/2 cup extra virgin olive oil
1/3 cup pine nuts or walnuts (we had walnuts)
3 medium-sized garlic cloves, minced (1-2 teaspoons minced garlic)
salt and freshly ground black pepper, to taste

In a blender or food processor, pulse the basil and nuts. Add the garlic and pulse some more. Then add the oil in a drizzle as the food processor or blender is on. Stop to scrape down the sides as needed. Add salt and pepper.

Line a baking dish or cookie sheet with tin foil and spray with cooking spray. Put the rinsed fish on it and spread some pesto on top. Cook in the oven under the broiler according to the type of fish (I used tilapia) and whether it is fresh or frozen, maybe 15 minutes. (Check it at 10 or so). It is flakes with a fork and is not raw inside, it is ready.

Serving Suggestion: Wild rice or sweet potato fries or baked potatoes and steamed broccoli

*"Fresh Basil Pesto" from www.simplyrecipes.com.