

CHEF'S TABLE

RECIPES BY SARA SNOW GREEN LIFE- STYLE EXPERT/ TV HOST



As creator and host of “Get Fresh with Sara Snow” and “Living Fresh” for the Discovery Networks, Sara has reached millions of viewers with a message of simple, attainable green living. Sara grew up surrounded by organic gardens, compost heaps and a family with an infectious passion for green living. Her dad, Tim Redmond, co-founded some of the heaviest hitters in the world of organics: Eden Foods, American Soy Products and Blue Horizon Organic Seafood. Sara is the Green Lifestyle Expert for Discovery’s new 24-7 green network, Planet Green, and can be seen on Treehugger.com, and of course her own SaraSnow.com.

FRESH PESTO

I belong to a CSA (Community Supported Agriculture). It is a system by which you become a “member” of a farm; paying dues in exchange for a weekly share of the farm’s harvest. It’s a wonderful way to enjoy fresh, locally grown foods and to support your local farmers and economy. One of the most exciting things about belonging to a CSA is that you never know what you’re going to find when you open that week’s load, so you are encouraged to try new foods and new recipes. During the height of summer and the height of my CSA’s growing season, I found myself faced with load after load, brimming with fresh vegetables and LOTS of basil. I was forced to come up with some new recipes. This is the pesto recipe that came out of that. Enjoy!

3 cloves garlic
½ cup pine nuts
¼ cup extra virgin olive oil (you can cut this in half and half with chicken broth)
Juice of one lemon
3 cups loosely packed fresh basil, stems removed
½ cup grated Parmesan cheese
2 teaspoons coarse sea salt
Dash of pepper

In a food processor, pulse garlic, pine nuts, olive oil and lemon juice until smooth. Add basil, Parmesan cheese and salt and pepper. Pulse until well blended. Scrape down sides and pulse until smooth.

For an appetizer or light lunch, serve spread onto whole grain baguette slices topped with slices of fresh yellow peppers. Or toss with a whole grain linguini pasta for a healthy dinner. For added color, try tossing in sliced sundried tomatoes.

OLIVE OIL CAKE

This is an incredibly moist and deliciously chewy cake. It’s perfect for dessert, with your afternoon tea or even at breakfast.

3 eggs
2 cups organic sugar
1 cup extra virgin olive oil
1½ cups organic milk
4 tablespoons fresh lemon juice (about the juice of 1 lemon)
1 tablespoon fresh lemon zest
2 cups whole-wheat flour
¼ teaspoon salt
½ teaspoon nutmeg
1 teaspoon baking powder
½ teaspoon baking soda

Preheat oven to 350 degrees and grease a 9-10-inch round spring-form pan. Beat together the eggs and sugar. Add oil, milk, lemon juice and zest, and beat until smooth and consistent in color and texture. In a separate bowl, mix together flour, baking powder, nutmeg, soda and salt.

Add the dry mixture into wet mixture and beat until mixed but not so long that the dough becomes tough. Pour into the greased pan. Bake at 350 for 50 minutes.

Allow to cool in the pan, then remove and let the cake cool completely. Serve with fresh local raspberries or sorbet.

