

Foods for Vibrant Health

Airing on WLAQ, 1410 AM • Saturdays 9:30-10:00 a.m.



Cherokee
Herb Shop

4 Coosawattee Avenue • Rome, Georgia
706/232-4478 • CherokeeHerb.com

Garlic/Olive Oil Recipes

Show #6 & #7

Carrie's Famous Pesto

1 handful fresh basil
1 handful fresh parsley (curly or Italian)
2-3 cloves fresh garlic
½ c. pine nuts or walnuts
¼-½ c. freshly grated Parmesan Cheese
½ c. extra virgin olive oil
Sea Salt to taste
Cooked spaghetti noodles (or other pasta) for four

In a food processor, finely chop basil and parsley. Gradually add the remaining ingredients until it has the consistency of a smooth paste. Toss with cooked pasta or spread on French or Italian Bread.

Carrie's Dipping Sauce

1 handful of fresh basil
1 handful fresh parsley
1 Tbsp. fresh thyme leaves
1 Tbsp. fresh oregano leaves
2-3 cloves fresh garlic
Sea Salt to taste
½ c. or more extra virgin olive oil

In a food processor, finely chop all ingredients, except olive oil. Add fresh ingredients to olive oil and use as dipping sauce for French or Italian bread.

Roasted Vegetables with Olive Oil

Cut up into bite-sized pieces: Potatoes, Carrots, Onions, Zucchini, Yellow Squash, Garlic (optional). Mix together and put into a glass baking dish. Drizzle with cold-pressed extra virgin olive oil and sprinkle with Mama Garlic Seasoning (available at Cherokee Herb Shop). Bake at 350° for 30-35 minutes or until carrots and potatoes are tender.