

Arugula Red Onion Sauce

If you are looking for an early season pesto, substitute Arugula for Basil for a peppery treat. I sweeten my version with a little sautéed red onion.



Ingredients:

- 4 cups of washed arugula
- 1 small red onion,
- Up to 1 cup Olive Oil
- 1 – 2 TLB or 3 cloves of Garlic minced
- 2 TLB Pine Nuts
- ½ cup grated Parmesan cheese (Optional)
- Sea Salt
- Pepper

Equipment:

- Colander
- Knife
- Sauté Pan
- Wooden stirring spoon
- Cutting Board
- Medium Bowl
- Food Processor or High powered blender

Instructions:

1. Wash the Arugula. Spin Dry or Drain in Colander.
2. Thinly slice the red onion.
3. Sauté Red Onion and garlic in a small amount of oil
4. Add Arugula, onion, garlic, pine nuts and cheese to the food processor. (I generally skip the cheese.)
5. Add Olive oil as you pulse until smooth and pourable consistency. Less oil is needed if you skip the cheese.
6. Add salt and pepper to taste.
7. Cook lightly to finish with pasta or vegetables. Enjoy!