

Sacha Inchi-Basil Pesto Sauce & Pasta

So, we're taking Pesto Sauce to a whole new level with the new oil super star...Sacha Inchi! One of the richest vegetable sources of omega-3, you'll appreciate its mild, nutty flavor in this flavorful dish. This recipe is a creation of Peruvian Chef, Brisa Deneumostier.

"I understand that food is medicine and medicine is food...that is why my intention is to nurture the mind, body, and soul, and to promote the harmonious relationship between human beings and other living creatures." -Brisa

Ingredients

1/2 cup basil, blanched and drained
1/4 cup [extra virgin olive oil](#)
1/4 cup [Sacha Inchi Oil](#)
1/4 cup Sacha Inchi seeds
3 garlic cloves, roasted
Whole grain pasta
Course natural salt
Black pepper

Instructions

1. Combine everything in a blender until the desired consistency is reached. Mix with pasta.

<http://blog.florahealthy.com/sacha-inchi-basil-pesto-sauce-pasta/>