

PROSTATE AWARENESS FOUNDATION



Gail's Recipe of the Month

Organic Vegan Pesto Sauce

The problem with the vast majority of store bought pesto sauce is that it has cheese in it. Since dairy products are not recommended in a prostate friendly diet I needed to create a cheese-less pesto sauce. I think you will agree, the below recipe is delicious without the cheese. We usually make a lot at a time because it freezes well! Use it on pizza and on your favorite pasta.

- 1 ½ cups fresh organic basil leaves
- 2 cloves of garlic pressed
- ¼ cup of pine nuts
- 2 tablespoons miso paste
- ¾ cups virgin olive oil

TO PREPARE:

- Put all above ingredients in a food processor
- Pulse till creamy
- Put a film of olive oil over top to retard spoilage and cover
- Refrigerate or freeze

Serves 6



Gail Etzler serves on the board of directors for the Prostate Awareness Foundation, and has been founder and executive director Ken Malik's partner for nearly twenty years- almost from the beginning of his prostate cancer journey. A breast cancer survivor herself, Gail has experimented over time and has learned how to cook tasty and nutritious prostate and breast cancer friendly vegan dishes. Some recipes contain seafood, a great source of Omega 3 fatty acids. All of her recipes are free of dairy products and low in fat.

Gail's recipes are posted on her Sustainable Prostate Menu Blog on the PAF website: www.prostateawarenessfoundation.org