

## May's Garlicky Basil Parmesan Pesto

In large skillet in hot olive oil, sauté till slightly golden brown the following:

1 large onion chopped

2 whole bulb of crushed garlic

roasted sunflower seeds

Add finely chopped basil (about two cups)

you can discard the stems and a small handful of chopped chives

Sauté for a few more minutes, you may need to add more olive oil

Add:

2 tsp. onion powder

1 tsp. of sea salt

1 ½ cups of half and half or light cream

1 cup grated parmesan

1 T. butter

Blend and let simmer about 5 minutes or so then stir in:

Halved cherry tomatoes

Toss in about 1 pound of your favorite cooked pasta, heat through and top with a sprinkling of parmesan