

Artichoke Pesto *Bruschetta*

- 1.** Cook 2 large artichokes by your preferred method (steaming works best). Once cooked and cooled, remove all leaves and thistle choke to produce 2 artichoke hearts.
- 2.** Chop artichoke hearts for approx. 1 cup of hearts... or more!
- 3.** Thinly slice basil.
- 4.** Place first 3 ingredients, basil and tomatoes in bowl, mix in sour cream and mayo to form a thick spread.
- 5.** To serve: spread artichoke pesto on toasted Ciabatta rounds, sprinkle with 4 tbsp of parmesan cheese, put in oven.
- 6.** Broil until pesto is heated and begins to brown, about 3 minutes.



What you'll need:

*1/2 cup parmesan
cheese, + 4 tbsp*

*1 cup of chopped
artichoke hearts*

1/3 cup red onion

1/2 cup basil

*2 tbsp
sour cream*

*1 tbsp
mayonnaise*

*toasted
ciabatta rounds*

1 tomato, diced

Tomato, Basil & Mozzarella *Salad*

1. Cut up first three ingredients.
2. In a small bowl, combine vinegar, olive oil, lemon pepper and garlic. Stir, then mix with tomatoes, basil and mozzarella to coat.

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pollution that is generated through
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What you'll need:

*5 large tomatoes,
cut into bite sized chunks*

*10 basil leaves,
cut into thin strips*

*2 cups of mozzarella
cheese, cut into same size
chunks as tomatoes*

3 tbsp balsamic vinegar

6 tbsp olive oil

2 tsp garlic, minced

1 tsp lemon pepper



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