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## The Pesto I'm Obsessed With

Hi ,

Winter doesn't have to mean heavy food. This vibrant ***Pistachio Arugula Basil Pesto*** brings a fresh, green lift to late-winter meals while delivering big flavor and serious nutrition. Made without oil, it gets its creamy richness from whole pistachios and its bold bite from peppery arugula and fresh basil.

### Why you'll love it:

- Oil-free and WFPB
- Packed with fiber and plant fats
- Bright, fresh flavor when you need it most

Get the recipe 👉 [Pistachio Arugula Basil Pesto](#)



### Ways to Use

Toss it with pasta, spoon it over roasted vegetables, swirl it into soups, or spread it on thick slices of Italian or sourdough toast — this is one of those “make once, use all week” sauces that fits beautifully into a whole-food, plant-based lifestyle.



One of my absolute favorite ways to use this Pistachio Arugula Basil Pesto is layered into my **Lasagna Verde** — a truly special dish that feels both indulgent and nourishing. I combine the pesto with creamy [plant-based ricotta](#), slices of [fresh plant-based mozzarella](#), tender [spinach pasta](#), and a luscious [oil-free Alfredo sauce](#) to create layers of flavor that are bright, savory, and deeply comforting. It's the kind of meal that reminds you just how satisfying whole-food, plant-based Italian cooking can be — and every component is made from scratch using simple, wholesome ingredients.



### **Kitchen Hack: Freeze Pesto in Ice Cubes for Quick Flavor Boosts**

If you make a big batch of Pistachio Arugula Basil Pesto, don't let any go to waste! Portion it into an ice cube tray, freeze, and pop a cube straight into: warm pasta for an instant, fresh sauce Oil-free Alfredo, creamy plant-based soups, and roasted or sautéed vegetables for a burst of flavor.

**Why it works:** Keeps pesto fresh for months without preservatives when frozen. It is perfect for last-minute weeknight dinners and adds vibrant color and flavor with zero effort.

**Pro Tip:** Use silicone trays for easy popping, and store the cubes in a labeled freezer bag for convenience.

### **From My Kitchen to Yours**

This time of year, I keep coming back to recipes that are colorful, comforting, and made with whole foods that truly satisfy. If you try one, I'd love to see it—tag me or reply and let me know what you think!

Before I sign off, I want to give a special shoutout to my friend Linda Tyler from [The Gracious Vegan](#). Her [Vegetable Tikka Masala](#) from her [The Plant-Based Anti-](#)

[Inflammatory Cookbook](#) was recently featured in the January 26th *Forks Over Knives Meatless Monday* newsletter—check it out, it's getting rave reviews!

If this newsletter speaks to you, please [share it](#) with family or friends who might enjoy pulling up a chair at the PLANTifull Fare table.

From my kitchen to yours—keeping it PLANTifull and nourishing!

Buon appetito,  
~ Donna



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## Ready to start?

My goal is to inspire **you** to embrace a plant-fueled lifestyle for a healthier, more vibrant life.

Tell me what classes interest you, or grab a few helpful freebies—and don't forget a little flavor boost with my favorite kitchen ingredient, California Balsamic vinegars!

 **Cooking Class Interest**

Tell me what classes you'd like to see

 **Free Salad Dressing Recipes**

Oil- & dairy-free inspiration

 **Health Goal Worksheet**

Rechargers vs. Depleters

 **Transform Your Recipes (California Balsamics)**

Add rich, tangy flavor to salads, roasted veggies, and desserts



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