



TOMATO PINE NUT SOUP

Ingredients:

1 teaspoon extra-virgin olive oil
2 garlic cloves, minced
5-6 large ripe tomatoes, peeled, seeded, and chopped
1/3 cup basil leaves
2 tablespoons toasted pine nuts plus extra for garnish
salt
fresh ground pepper
Grated or shaved parmesan (Feel free to substitute another salty cheese)

Preparation:

Put oil and minced garlic in a microwave safe 1-quart bowl. Since microwaves vary in cooking times depending on wattage, you may have to experiment with timing. For a current model, cook 1 minute; if your microwave is a less powerful older model, cook 2 minutes. Add tomatoes and cook 3 minutes more, or until tender. Let the mixture cool. Transfer to a blender or food processor, but keep the original microwave safe bowl – you will need it again. Add basil and pine nuts to the blender or processor, and puree. Transfer the mixture back to the original bowl, and microwave for 1 to 2 minutes to reheat. Serve the soup sprinkled with grated cheese and additional pine nuts.