**PASTA SALAD with PESTO**

Pesto

1 tablespoon finely chopped walnut, toasted

1 tablespoon flaxseeds

1 cup loosely packed basil leaves (or substitute parsley)

1 clove garlic

2 tablespoons freshly grated Parmesan

¼ cup olive oil

1. Toast the walnuts in a dry sauté pan until they are crisp and fragrant, about 5- 7 minutes. Allow to cool.

1. In the bowl of a food processor, combine the walnuts and flaxseeds; process until the seeds are ground, about 1 minute.

1. Add the basil, garlic and Parmesan.

1. Slowly pour in ¼ cup of olive oil to make a puree.

1. Store in an airtight container for up to 1 week in a refrigerator or up to 1 month in a freezer. Bring the pesto to room temperature before serving.

½ pound penne pasta

1 pint cherry tomatoes, cut in half

1. Cook the pasta in a large pot of boiling, salted water until al dente; drain and rinse under cold running water to stop cooking and cool. Drain well and toss with a little olive oil to prevent it from sticking.

1. Toss together the pasta, pesto to taste, and cherry tomatoes. Season with salt and pepper and serve.