

Pesto Sauce

This is a nice substitute for tomato sauce, which can cause heartburn.

1/2 clove garlic (If you're highly sensitive to fresh garlic, substitute 1/4 tsp garlic powder or omit garlic entirely.)

3 cups lightly packed fresh basil

1/3 cup pine nuts (If not available, try chopped walnuts.)

3 tbsp snipped fresh parsley

1 tbsp olive oil

1. In a blender or food processor, process garlic, basil, pine nuts (if using), 1/4 cup water, parsley and olive oil until smooth.

Make ahead: Spoon into an airtight container and store in the refrigerator for 4 days.

Recipes reprinted from *Chronic Heartburn: Managing Acid Reflux and GERD Through Understanding, Diet and Lifestyle -- Includes More than 100 Recipes* by Barbara Wendland, MSc, RD, and Lisa Marie Ruffolo. Copyright 2006 by Robert Rose, Toronto.

<http://www.amazon.com/Chronic-Heartburn-Managing-Understanding-Lifestyle/dp/0778801349>