

Get cookin', good lookin'!

ROCK 'N' RECIPE

FARFALLE PESTO

THIS MONTH: NOT ONLY DOES AS TALL AS LIONS FRONTMAN DANIEL NIGRO KNOW HOW TO ROCK OUT, HE'S NOT TOO SHABBY IN THE KITCHEN, EITHER.

PREP & COOKING: 30 TO 40 MINUTES
UTENSILS: NONSTICK FRYING PAN, POT, BOWL, BLENDER,
MEASURING CUPS AND SPOONS

INGREDIENTS:

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|--------------|---|---------------|-----------------------|
| 1 BOX..... | BARILLA FARFALLE
(YOU CAN SUBSTITUTE PENNE IF
YOU PREFER) | 3/4 CUP..... | PARMESAN CHEESE |
| 2-3 CUPS... | FRESH BASIL | 1 TSP..... | SALT & PEPPER |
| 1/2 CUP..... | EXTRA VIRGIN OLIVE OIL | 1/4 CUP..... | PIGNOLI (PINE) NUTS |
| | | 1-2 CLOVES... | GARLIC |
| | | 1 LB..... | RAW SHRIMP OR CHICKEN |

COOKING INSTRUCTIONS:

Boil water in pot (enough water to submerge all the pasta). Add pasta and salt. Stir once a minute. After about 7 minutes, taste to see if the pasta is cooked to your liking. Drain and place in a serving bowl. While the pasta is boiling, pour the pignoli nuts, olive oil, cheese, one clove of garlic and half of the basil into a blender and mix. Add remaining garlic and basil to taste, along with salt and pepper. Coat the shrimp or chicken with salt, pepper and olive oil, cook (or grill)

In a frying pan for three to four minutes, until cooked thoroughly. Mix pesto into the pasta, add shrimp or chicken. *salt*

On your way to the grocery store, pick up a copy of *As Tall As Lion's* self-titled sophomore album out now on Triple Crown Records.



DANIEL NIGRO: CLIFF SARCONA