

Basil Pesto Fish Recipe

This recipe highlights Basil. Basil has both antifungal and antiviral activity. I've amped up the amount of Basil to boost the mold-conquering aspects of this recipe. You can use fresh or dried Basil or a combination of both. I use a base of squash to help you get your 5-7 servings of vegetables. The fish and olives provide essential fats for mycotoxin protection. And the tomatoes provide lycopene, a specific bioflavonoid that not only protects from mycotoxins, but helps you absorb trace minerals. Enjoy!

SUPPLIES

9x13 glass baking dish
1/4 cup measuring cup
1/2 cup measuring cup
Small spoon

INGREDIENTS

1 small squash (Delicata or Summer) sliced lengthwise into 5-7 thin slices
1 jar Basil pesto
1 0.75 ounce container fresh Basil, stemmed; or 1 tsp dried Basil
1 4-6 oz fillet of fresh wild caught Cod or other white fish
1 bunch fresh cherry tomatoes (for extra color and bands of the rainbow)
1/2 cup whole Kalamatta olives
1/4 Pine Nuts (increases the protein and good fats)
Salt & Pepper - to taste

DIRECTIONS

1. In the glass baking dish lay out the squash slices, overlapping them slightly
2. Spread 1/4 cup Basil pesto over squash
3. Lay fresh Basil leaves over pesto
4. Place fish fillet on top of Basil leaves
5. Spread 1/4 cup Basil pesto over fish
6. Place tomatoes on top of and around fillet. If you prefer your tomatoes uncooked, leave them off and add them after you've baked the fish.
7. Place a little Basil pesto over tomatoes
8. Optional - top with whole olives and sprinkle Pine nuts over all
9. Salt and pepper to taste
10. Bake in 400° oven for 10-15 minutes depending on how thick fish fillet is. Do not bake until fish flakes, otherwise it will be overdone.

Check out the [How To video](#) on the Video Blogs page of my website DrCrista.com.