



pesto recipe

takes
15
minutes

ingredients

- 4 cups fresh basil leaves, packed*
- 1 cup grated Parmigiano-Reggiano or Romano cheese*
- 1 cup extra virgin olive oil*
- 2/3 cup pine nuts or walnuts*
- 3-5 medium sized garlic cloves, minced*
- Salt and pepper to taste*
- A few squeezes fresh lemon juice*

directions

Combine the basil with the nuts you are using, and pulse a few times in the food processor.
Add the garlic and pulse a few times more.
Add the olive oil slowly while the food processor is on. Use a rubber spatula to scrape the food processor. Add the grated cheese to the food processor and pulse more until everything is well blended. Add the salt and pepper and a few squeezes of fresh lemon juice.

Makes 2 cups.

Serve with bread, crackers, or tortillas.

Pesto is great to use on pasta also.

nutrition facts

Serving Size 119g			
Amount Per Serving			
Calories	581	Calories from Fat	557
% Daily Value*			
Total Fat	61.9g		95%
Saturated Fat	10.1g		50%
Trans Fat	4.8g		
Cholesterol	48.6mg		16%
Sodium	194.1mg		8%
Total Carbohydrate	4.7g		2%
Dietary Fiber	1.3g		5%
Sugars	0.9g		
Protein	8.8g		
Vitamin A	37%	Calcium	24%
Vitamin C	12%	Iron	13%

*All percentages are daily value based on a 2000 calorie diet

server
6-8
people