

# Basil Pesto

Yield: 16 servings  
Serving size: 2 TBSP

Nutrition Facts	
Serving size 2 Tablespoons (13g)	
Amount Per Serving	
Calories	50
% Daily Value*	
<b>Total Fat</b> 5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	2%
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 26mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

“Pesto” means paste. This is an Italian favorite that packs a powerful flavor punch and helps you utilize herbs in a creative way. Prepare this recipe when basil is in season and freeze for use throughout the year. Experiment with different greens like arugula and kale to boost the nutrition and taste. Try bulking up pesto with spinach or peas if you don’t have quite enough basil. Walnuts or almonds can be substituted for the more expensive pine nuts.

## INGREDIENTS

1/3 cup olive oil  
2 cups fresh basil, washed and dried  
2 TBSP pinenuts or walnuts, toasted  
1/4 cup parmesan cheese, shredded  
1 TBSP lemon juice  
2 cloves garlic  
Pinch of Kosher salt  
1/4 teaspoon ground black pepper

## DIRECTIONS

1. Combine all ingredients in a food processor pulse several times.
2. Scrape sides of food processor and blend until smooth.
3. Taste and adjust seasonings for desired flavor.

**Freezes well: Portion pesto in ice cube trays. Freeze. Then place frozen cubes in a zip-top bag and store in the freezer.**

