

Basil Pesto

Fresh herbs instantly make meals more flavorful and enjoyable. Basil pesto is a great way to enjoy fresh basil. It is tasty on pasta, pizza, sandwiches, and many other delicious options!

YIELD 6 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
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INGREDIENTS

3 Tbsp	Walnuts, raw, unsalted
2 each	Garlic, cloves
4 cups	Basil, fresh
¼ cup	Parmesan Cheese, grated (½ oz)
3 Tbsp	Water
½ each	Lemon, juiced
3 Tbsp	Extra Virgin Olive Oil
¼ tsp	Kosher Salt

CHEF'S NOTES

Try pine nuts, pecans, or cashews in place of walnuts. For a different flavor try arugula, parsley, cilantro, spinach or roasted red peppers in place of basil.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place all ingredients in a blender and puree. Blend in 20 second intervals, scrape down the sides of the blender in between pulses. Repeat this process until smooth and even textured.
3. If mixture is too thick, add a tablespoon of water at a time and blend until desired consistency is reached.

Nutrition Facts

6 servings per container

Serving size 2 Tbsp (42g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol <5mg 1%

Sodium 100mg 4%

Total Carbohydrate 2g 1%

Dietary Fiber <1g 2%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 0.6mg 4%

Potassium 70mg 2%

* 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.

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