

Basil Avocado Pesto



This pesto gets its creaminess from heart healthy, fiber-rich avocado. Use as a condiment for your favorite burger, sandwich or make a light Summer pasta salad with lots of veggies.

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

4 cups	Basil, fresh, leaves only
2 cloves	Garlic, roughly chopped
½ each	Avocado
½ each	Lemon, juiced
¼ cup	Parmesan Cheese, grated
¼ cup	Walnuts
¼ cup	Water
2 Tbsp	Extra Virgin Olive Oil

CHEF'S NOTES

Pesto can be very flexible and is easy to customize with different nuts and greens. Try pecans or cashews in place of walnuts. For a different flavor, try arugula, spinach, parsley, or cilantro, in addition to basil.

Store leftover pesto in air-tight container in the refrigerator for up to one week.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a blender pitcher, add the ingredients. Blend on high until smooth and creamy, about 1 minute. Scrape the sides of the blender down to get all the mixture to the bottom. Continue to blend on high until completely combined, about 30 more seconds.
3. Remove the pesto from the blender and use as desired.

Nutrition Facts

8 servings per container

Serving Size 2 Tbsp (42 g)

Amount per serving

Calories 80

% Daily Value *

Total Fat 8g 10%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol less than 5mg 0%

Sodium 50mg 2%

Total Carbohydrate 2g 0%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0.01mcg 0%

Calcium 60mg 5%

Iron 0.58mg 3%

Potassium 100mg 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.

Recipe from *Health meets Food* "Basil Avocado Pesto" (2/11/19)



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