



Basil Pesto

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.

U.S.

3 Tbsp	Walnuts
2 cloves	Garlic
4 cups	Basil, Fresh
4 Tbsp	Parmesan Cheese, grated
3 Tbsp	Water
1/2 medium	Lemon, juiced
3 Tbsp	Extra Virgin Olive Oil
1/4 tsp	Salt

Metric

45 g
2 cloves
55 g
60 g
45 mL
1/2 medium
45 mL
1.5 g

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in a blender and puree until smooth. If pesto is too thick, add water 1 Tablespoon at a time until desired consistency is reached.

Nutrition Facts

6 Servings

Serving size **2 Tablespoons**

Amount per serving

Calories **110**

Calories from Fat 90

Total Fat 10 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 5 mg

Sodium 160 mg

Total Carbohydrate 2 g

 Dietary Fiber 1 g

 Total Sugars 0 g

 Includes 0 g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 8 %

Iron 4 %

Potassium 80 mg

Phosphorus 40 mg
