



White Bean Basil Pesto

U.S.

3 Tbsp	Walnuts
2 cloves	Garlic
4 cups	Basil, fresh
1/4 cup	Parmesan Cheese, grated
1/4 cup	Water
1/2 medium	Lemon, juiced
1/4 cup	White Beans (Cannellini or Navy)

Metric

45 g
6 g
240 g
28.25 g
59 mL
1/2 each
59 g

Preparation:

1. Place all ingredients in a blender and puree until smooth.

Variation: Try pine nuts, pecans, walnuts or cashews in place of sunflower seeds. For a different flavor try arugula, parsley, cilantro, spinach or roasted red peppers in place of basil. If avoiding dairy, try adding nutritional yeast instead of parmesan.

Nutrition Facts

Serving size	2 Tbsp
Servings	6
Calories	80
Calories from Fat	50
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	5 mg
Sodium	95 mg
Carbohydrates	3 g
Dietary Fiber	1 g
Sugars	0 g
Protein	4 g
Vitamin A	20 %
Calcium	6 %
Vitamin C	8 %
Iron	4 %
Phosphorus	65 mg
