

Basil Pesto

8 servings

Herbs contain Vitamin C, which helps heal cuts and wounds and promotes a strong immune system. They also contain Vitamin K, which helps heal our bodies quickly.

- 4 cups fresh basil, gently rubbed under cold running water
- 1/3 cup nuts (walnuts, pine nuts, almonds)
- 3 teaspoons garlic, minced
- 1/2 cup Parmesan cheese
- 1/2 cup olive oil
- Salt and pepper to taste

1. Wash hands with soap and water.
2. Pat basil dry with a paper towel after washing. Place the basil and nuts in a food processor or blender. Pulse until combined. Scrape down sides with a spatula or spoon.
3. Add garlic and cheese to basil mixture and pulse until combined. Scrape down sides again with a spatula or spoon.
4. While the food processor is running, slowly add half of the olive oil. Stop the food processor and scrape down sides again. Start the food processor and add remaining oil.
5. Add salt and pepper, if desired.
6. Store leftovers in a sealed container in the refrigerator, or freeze for up to three months.



Notes:

If desired, leave out the Parmesan cheese. You may need to decrease the olive oil.

Nutrition Information serving size (1/8 of recipe): Calories 180, Total Fat 18g, Saturated Fat 3g, Cholesterol 5mg, Sodium 115mg, Total Carbohydrates 3g, Fiber 1g, Total Sugars 0g, includes 0g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 2%.