



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:

USDA.

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

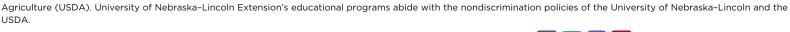
Nutrition Information serving size (1/8 of recipe): Calories 180. Total Fat 18g, Saturated Fat 3g. Cholesterol 5mg, Sodium 115mg, Total Carbohydrates 3g, Fiber 1g, Total Sugars 0g, includes 0g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 2%.



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