



## RECIPE:

### Basil Pesto

Number of Servings: 8

#### Ingredients:

- 4 c. fresh basil leaves
- 1/3 c. nuts (walnuts, pine nuts, almonds)
- 3 tsp. garlic, minced
- 1/2 c. Parmesan cheese
- 1/2 c. olive oil
- Salt, to taste
- Pepper, to taste

#### Directions:

1. Wash hands with soap and warm water. Rinse basil by gently moving around in a bowl of cool water. Pat dry with a paper towel.
2. Place the basil leaves and nuts in a food processor or blender. Pulse until combined. Scrape down sides of the food processor with a rubber spatula or spoon.
3. Add the garlic and cheese to the basil mixture and pulse until combined. Scrape down sides of the food processor with a rubber 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 again, add the remaining oil. Add salt and pepper, as desired.
5. Store leftovers in a sealed container in the refrigerator, or freeze for up to three months.

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

#### Nutrition Info:

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2 Tbsp.</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 94mg	<b>8%</b>
Iron 1mg	<b>6%</b>
Potassium 92mg	<b>2%</b>
*The % Daily Value 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 Credit: Nebraska Extension Nutrition Education Program