

Basil Pesto

Nebraska Seasonal Produce Guide

8 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 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

Instructions

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 the 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 the sides again. Start the food processor and add the 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.

Nutrition Information per Serving (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%



LEARN MORE AT **FOOD.UNL.EDU**

The University of Nebraska does not discriminate based upon any protected status. Please see <https://nebraska.edu/nondiscrimination>. This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. ©2026