

Fresh Basil Pesto

prepared as a dip

Ingredients:

- 2 cups Fresh Basil Leaves
- 1/2 cup Grated Parmesan
- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Pine Nuts or Walnuts
- 3 Medium Garlic Cloves,
Minced
- Salt & Pepper (to taste)

Prescribing Produce
TO PREVENT DISEASE
SAN ANTONIO! 



Method:

1. Combine the basil in with the nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they do not already chopped, pulse them a few times first, before adding the basil.) Add the garlic. Pulse a few times more.
2. Slowly add the olive oil in a constant stream while food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add salt/pepper to taste.

Storage:

Store pesto in a jar or airtight container. Refrigerate for up to a week. Freeze for up to 6 months.



How To Use:

- Mix into dips or salad dressing
- Alternative to pizza sauce



Health Benefits:

Eye, and Cell Health; Arterial, Lung & Liver Function; Lowers the risk of some Cancers; Promotes Strong Bones and Teeth

Nutrition Facts

Serving Size (6g)
Servings Per Container

Amount Per Serving

Calories 30 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 1g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4