

Farm Market

Basic Basil Pesto



Ingredients:

- 2 cups packed fresh basil leaves, (2-3 bunches)
- ¼ cup walnut pieces, toasted (see Tip)
- ¼ cup grated Parmigiano-Reggiano cheese
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons water
- 1 large clove garlic, quartered
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

Directions:

Place basil, walnuts, Parmigiano-Reggiano, oil, water, garlic, salt and pepper in a food processor; pulse a few times, then process until fairly smooth, or to the desired consistency, scraping down the sides occasionally.

Tip: To toast walnuts: Spread on a baking sheet and bake at 350 degrees F, stirring occasionally, until fragrant and lightly browned, 7 to 9 minutes.

Serving Size: 2 tablespoons

82 calories; 8 g total fat; 1.1 g saturated fat; 2 mg cholesterol; 180 mg sodium. 77 mg potassium; 1.3 g carbohydrates; 0.6 g fiber; 2 g protein; 954 IU vitamin a iu; 3 mg vitamin c; 13 mcg folate; 50 mg calcium; 1 mg iron; 19 mg magnesium;
Exchanges: 2 fat

Recipe from eatingwell.com