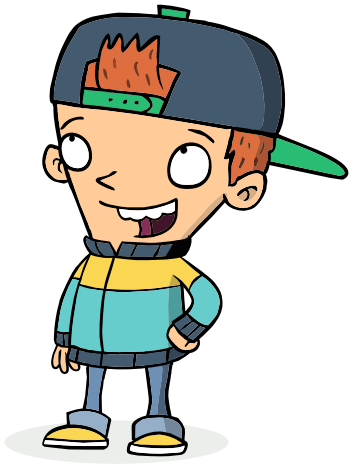
SHOPPING LIST

Broccoli Pesto

- ◯ Broccoli
- ◯ Garlic
- ◯ Basil
- ◯ Olive Oil
- ◯ Parmesan Cheese
- ◯ Salt

First, check off the items you already have at home.



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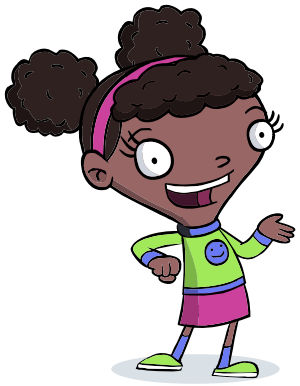
Lunch Labbers Present

SIDE DISHES

PBS KIDS GO!

FIZZY'S LUNCH LAB

Broccoli Pesto



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	About 30 min.	Medium	

YOU WILL NEED

½ head broccoli florets, stems removed and saved for another use

2 garlic cloves, thinly sliced

1 ¼ cups coarsely chopped fresh basil leaves

⅓ cup olive oil

¼ cup grated Parmesan cheese

Pinch salt

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Fill a large bowl with ice water.

STEP 2: Bring a large pot of water to a boil. Add the broccoli and garlic and boil until just tender, about 10 minutes. Drain the broccoli and transfer to the bowl of ice water to stop the cooking; let sit until completely cooled, about 5 minutes.

STEP 3: Drain the broccoli well, and transfer to a food processor along with the basil, olive oil, cheese, and salt. Process until smooth, and serve over pasta.

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Nutrition Facts

Serving Size (117g)
Servings Per Container 4

Amount Per Serving	
Calories 230	Calories from Fat 190
	% Daily Value*
Total Fat 21g	32%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	

Vitamin A 25%	•	Vitamin C 120%
Calcium 15%	•	Iron 6%

*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