

Tomato Pesto

Serves 6

Ingredients

- 2 cloves garlic
- 1 cup basil leaves (about 1 bunch)
- 4 oz sundried tomatoes in olive oil (or 8 sundried tomatoes with 2 Tbsp olive oil)

Directions

Puree in a food processor or blender until smooth. Use as spread on sandwiches or over cooked whole grain pasta.

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	440		
Total Fat	30	g	46%
Saturated Fat	3	g	15%
Trans Fat	0*	g	
Cholesterol	0	mg	0%
Sodium	60	mg	2%
Carbohydrates	39	g	13%
Dietary Fiber	7	g	28%
Sugars	18	g	
Protein	8	g	
Vitamin A		IU	80%
Vitamin C		mg	80%
Calcium		mg	20%
Iron		mg	70%

* indicates one or more ingredients in your recipe has an unavailable nutrient value.

The following claim is allowed per USDA: cholesterol free, and low sodium