

# Fresh Pesto Recipe

## Ingredients

- 2 cups fresh basil leaves, packed (can sub half the basil leaves with baby spinach)
- 1/2 cup freshly grated Romano or Parmesan cheese (about 2 ounces)
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts (can sub chopped walnuts)
- 3 cloves garlic, minced (about 1 tablespoon)
- 1/4 teaspoon salt, or more to taste
- 1/8 teaspoon freshly ground black pepper, or more to taste

## Method

1. Pulse the basil and pine nuts
  - a. Place the basil leaves and pine nuts into the bowl of a food processor and pulse several times.
2. Add the garlic and cheese:
  - a. Add the garlic and Parmesan or Romano cheese and pulse several times more..
3. Slowly pour in the olive oil:
  - a. While the food processor is running, slowly add the olive oil in a steady small stream
4. Season the pesto sauce:
  - a. Add salt and freshly ground black pepper to taste.

### NUTRITION FACTS(PER SERVING)

372	CALORIES
38g	FAT
4g	CARBS
6g	PROTEIN

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