

## Pesto

### INGREDIENTS

- 2 cups packed fresh basil leaves, (2-3 bunches) –  
*parsley may be used instead of basil*
- 1/4 cup pine nuts or walnuts as a cheaper alternative
- 1/4 cup grated parmesan cheese
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons water
- 1 large clove garlic, quartered
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper



### PREPARATION

Place basil, nuts, 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.

If you don't have a food processor you can use a pestle and mortar to grind all ingredients together.

### NUTRITION

Per 2-tablespoon serving: 83 calories; 8 g fat ( 1 g sat , 5 g mono ); 2 mg cholesterol; 1 g carbohydrates; 2 g protein; 1 g fiber; 176 mg sodium; 104 mg potassium.