

PESTO

You can make Pesto your own by using different nuts.

Pine Nuts are the traditional nut in Pestos, but try swapping for Walnuts or Pistachios for a different flavor profile.

INGREDIENTS:

2 cups	Basil leaves, fresh
2 tbsps	Pinenuts
4 tbsps	Parmesan Cheese, fresh
1 tbsp	Olive Oil
1 tbsp	Fresh garlic, minced
2 tsps	Lemon juice
½ tsp	Kosher Salt

METHOD:

- In food processor place all ingredients and process until evenly mixed.
- If making these a day ahead simply just cover and refrigerate until needed.

Serves: 4

Serving Size: 2 tablespoons

Calories: 100

Fat: 8 grams

Sodium: 60 milligrams

Carbohydrate: 1 gram

Protein: 0 grams

