

Pesto: As Versatile As It Is Delicious



Basil Pesto

Serves: 48 | *Serving Size:* 1 teaspoon

Ingredients:

4 cups fresh basil leaves
1/4 cup olive oil
4 cloves garlic
3 tablespoons grated Parmesan cheese

Directions:

Combine everything in a food processor and blend until pesto reaches your desired consistency.

Serve.

Nutrition Information:

Serves 48. Each serving contains 12 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 5 mg sodium, 0 g carbohydrate, 0 g dietary fiber, 0 g sugar, and 0 g protein.

Each serving also has 0% DV vitamin A, 0% DV vitamin C, 0% DV calcium, and 0% DV iron.

Chef's Tips:

To Freeze: Pour the pesto onto a large piece of foil that sits atop a cutting board.

Freeze the pesto in its foil square.

Cut the frozen pesto into single-serving cubes and place those cubes in a plastic storage bag in the freezer until you're ready to use them.

This pesto offers a great way to flavor pasta, rice, and grilled items. It also makes a delicious bread or cracker spread. You can even add more herbs when you serve it too.

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