



## Summer Basil Pesto

8 Servings • 1 Serving = 2 Tablespoons

### INGREDIENTS

- 1 cup basil leaves
- 3 Tablespoons walnuts
- ½ clove garlic, smashed
- ¼ cup extra virgin olive oil
- 2 ounces parmesan cheese, grated
- Freshly ground black pepper, to taste

### DIRECTIONS

1. Place basil, walnuts, and garlic into a blender or food processor and pulse together until chopped.
2. Add the olive oil and process until well combined, stopping every few minutes and scraping down the sides of the blender with the spatula. Add more oil to help the blender, if necessary.
3. Scrape mixture into a bowl, gently stir in the cheese, and season with black pepper.

### Nutrition Facts

8 servings per container  
Serving size **2 Tablespoons**

Amount per serving  
**Calories 110**

% Daily Value\*

Total Fat 11g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 65mg 3%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 101mg 8%

Iron 0mg 0%

Potassium 29mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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