



Cilantro Pesto

8 Servings • 1 Serving = 2 Tablespoons

INGREDIENTS

- 1 bunch cilantro
- 1 serrano chile (optional: remove seeds and use only the outer skin)
- 1 Tablespoon pine nuts or almonds
- ¼ cup extra virgin olive oil
- Juice and zest of 1 lime
- Salt and freshly ground black pepper, to taste
- Optional: 1 clove garlic

DIRECTIONS

1. Combine all ingredients in a blender or food processor. Blend until smooth.
2. Adjust seasoning if needed.

Nutrition Facts	
8 servings per container	
Serving size	2 Tablespoons
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 1mg	6%
Potassium 17mg	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.

chefs.org

@CHEFSanAntonio

