

Basil Pesto

16 Servings • 1 Serving = 1 Tablespoon



INGREDIENTS

- 1 large bunch basil
- ½ clove garlic, smashed
- ¼ cup extra virgin olive oil
- 2/3 cup parmesan cheese, grated
- Freshly ground black pepper, to taste

DIRECTIONS

1. Separate the basil leaves from the stem and measure out 1 cup packed. Place the leaves in a food processor or blender. Add the garlic and pulse 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 blades, if necessary.
3. Once the mixture is well combined, remove it from the food processor or blender and place the pesto into a bowl.
4. Gently stir in the cheese and pepper.

Nutrition Facts

16 servings per container

Serving size 1 Tablespoon

Amount per serving

Calories 50

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 60mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 43mg 4%

Iron 0mg 0%

Potassium 2mg 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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