

Pesto Sauce

8 SERVINGS 10 MINUTES



INGREDIENTS

3 cups Basil Leaves
1/4 cup Almonds (roasted)
1/2 cup Parmigiano Reggiano
1/4 tsp Sea Salt
1/4 tsp Black Pepper
3 tbsps Lemon Juice
2 tbsps Water
1/2 cup Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	178	Iron	1mg
Fat	18g	Vitamin D	0IU
Carbs	2g	Folate	14µg
Fiber	1g	Magnesium	23mg
Protein	4g	Zinc	0mg
Vitamin C	5mg		

DIRECTIONS

- 01 Add the basil, almonds, parmigiano reggiano, sea salt, black pepper, lemon juice and water to a food processor.
- 02 With the food processor running, slowly stream in the olive oil. Continue to blend for 30 seconds until pesto is smooth and emulsified. Season with additional salt or lemon juice, if needed.
- 03 Transfer to a jar and enjoy!

NOTES

RECIPE ID 718

SERVING SIZE

One serving is equal to 2 tablespoons of pesto.

SERVE IT WITH

Chicken, fish, vegetables, or as a dip!

OPTIONAL - ADD GARLIC

This is a garlic-free pesto recipe. Alternatively, you can add 1-2 cloves of garlic.

LEFTOVERS

Store in an air-tight container for up to 4 days. This pesto also freezes well.