



# Make Healthy Happen One Meal at a Time

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## Pesto

### Ingredients

- 2 cups fresh basil leaves
- 2 cloves garlic
- 1/3 cup pine nuts
- ½ cup Parmesan cheese
- ¼ tsp. Pepper
- ½ cup Olive Oil

1. Add the fresh basil leaves, garlic, pine nuts, parmesan cheese and pepper to the bowl of your food processor. Pulse until a coarse mixture forms.
2. Turn the food processor on low and slowly add the olive oil in a steady stream. Process until smooth.

### Nutrition Information

Serving Size: ¼ cup

Homemade

Calories: 368

Carbohydrates: 3 grams

Protein: 6 grams

Fat: 38 grams

Sodium: 204 mgs.

Commercial

Calories: 290

Carbohydrates: 4 grams

Protein: 4 grams

Fat: 29 grams

Sodium: 960 mgs.

Note: Although fat content, and thus caloric content is higher in the homemade, the fat sources are heart healthy (nuts and olive oil) and sodium content in the homemade is significantly lower than in the commercial product.