

# Basil Pesto

Pesto is a great healthy option for using your fresh or dried basil!

Makes: 6 servings  
 Prep Time: 10 minutes  
 Cook Time: N/A

Source: [snapedny.org](http://snapedny.org)

## Ingredients

- 2 cups basil leaves
- 1/3 cup parmesan cheese
- 1/3 cup olive oil
- 1/2 teaspoon dried minced garlic or 1 clove of fresh garlic, minced

## Directions

1. Rinse basil leaves well in a bowl of water. Pat dry and remove stems.
2. Add all ingredients to a blender or food processor.
3. Blend ingredients.
4. Enjoy!

## Utensils Needed

- Medium bowl
- Blender or food processor
- Measuring cups
- Measuring spoons



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	104
Total Fat:	11.5g
Saturated Fat:	2g
Cholesterol:	1mg
Sodium:	22mg
Total Carbohydrates:	.5g
Dietary Fiber:	0g
Total Sugars:	0g
Added Sugars:	0g
Protein	.5g

# SHOPPING LIST

Average total cost without oil and seasonings: \$7.98

Average cost/serving: \$1.33

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Fresh Basil, 3 ounce



Add 1 to Cart  
Shredded Parmesan Cheese



Add 1 to Cart  
Garlic, bulb

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chefs Notes

- Use pesto on whole-wheat pasta, in a sandwich or wrap or mixed into a soup.
- Freeze individual portions for later use.
- Combine basil with fresh and dried spices and herbs. Dried seasonings require little preparation, last longer and are often inexpensive.

### Similar Recipes

- Consider trying other recipes with similar ingredients found on [snapedny.org](http://snapedny.org), such as:
  - Avocado Breakfast Bruschetta
  - Spring Vegetable Soup
  - Spaghetti Squash with Tomatoes, Basil and Parmesan