

## Basil Pesto

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3 cups fresh basil leaves  
3 – 4 cloves garlic, minced  
¼ cup nuts, chopped (pine or walnuts)  
Kosher salt  
Ground black pepper  
1/3 cup extra virgin olive oil  
¼ cup grated Parmesan cheese

### **Nutritional Facts:**

Calories = 520  
Fat = 21g Sat. Fat = 3.5g  
Protein = 17g Carbs = 65g  
Fiber = 4g

## *Instructions:*

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In a food processor, combine the basil, garlic, nuts, and salt and pepper to taste. Process to coarsely chop. With the food processor running, slowly add the oil in a steady stream until mixture is smooth. Fold in the cheese

Toss the pasta with the pesto. Sprinkle with the cheese.

Makes 4 servings