

# Basil Pesto

## Ingredients

- 1/3 cup fresh basil leaves
- 1/2 tsp garlic, minced
- 2-1/4 tsp grated parmesan cheese, fat free
- 1 tsp kosher salt
- 1 tsp black pepper
- 2 tbsp olive oil



## Directions

1. Thoroughly wash basil.
2. Place basil, garlic, cheese, salt, and pepper in a food processor and pulse until combined.
3. Stream in oil until an emulsion is formed.
4. Taste and adjust seasonings as needed. Store up to 3 days in refrigerator.

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 oz

**Nutrition Facts:** 64 calories, 6.81 g fat, 0.96 g saturated fat, 84 mg sodium, 0.54 g carbohydrate, 0.05 g fiber, 0.0 g sugar, 0.45 g protein