

Creamy Basil Pesto

Servings: 8 (yields about 2 cups)

Source: Adapted from Salad for Dinner by Jeanne Kelley by Extension Master Food Volunteer Joan Chollet

Basil pesto is delicious as a pasta sauce, a dip or even a sandwich spread. It only requires a few ingredients and comes together quickly in a food processor. Substitute walnuts or pistachios for the pine nuts if that is what you have on hand.

INGREDIENTS

2 cups packed fresh basil
1/2 cup pine nuts
1/2 cup grated parmesan cheese
2-3 cloves garlic
2 teaspoons lemon juice
1/2 cup olive oil
1/4 cup heavy cream
Salt and pepper to taste

DIRECTIONS

1. Place a small dry skillet over medium-low heat. Add the pine nuts in a single layer and stir or shake constantly for 3-5 minutes until they are golden brown and smell nutty. Allow to cool slightly.
2. Add the basil, pine nuts, parmesan cheese, garlic, lemon juice and olive oil to a food processor or blender. Pulse until everything is chopped finely and resembles a thick paste.
3. Add the heavy cream and pulse until the pesto is mostly smooth and creamy.
4. For a thinner pesto add more heavy cream 1 teaspoon at a time until it reaches the desired consistency.

Nutrients Per Serving:

230 Calories | 23g Fat (4.5g Saturated) | 3g Carbohydrates | 0g Added Sugar | 3g Protein | 95mg Sodium | 0g Fiber