



## Basil Pesto

**Total Time:** 5 min

**Yield:** 4- 2 tablespoon servings

**Ingredients:**

- 2 cups fresh basil leaves
- ¼ cup almonds, sliced
- ½ cup vegetable stock
- 1 garlic clove
- 2 tablespoons olive oil
- ¼ cup parmesan cheese

**Directions:**

1. Place basil, walnuts, vegetable stock and garlic in food processor bowl and puree to desired thickness and until all ingredients are mixed evenly.
2. Add oil, Parmesan cheese and salt. Process until mixture is well blended.
3. To make this into a meal, toss with pasta, use as a sandwich spread, or dip bagel chips. Enjoy!

<b>Nutrition Facts</b>		<b>Amount</b>	<b>% Daily Value*</b>	<b>Amount</b>	<b>% Daily Value*</b>			
<b>Amount per</b>	34 g	<b>Total Fat</b>	8.5g	13%	<b>Total Carbohydrates</b>	1g	0%	
1 serving (1.2 oz)		Saturated	1.9g	9%	Dietary Fiber	0g	0%	
<b>Calories</b>	89	Trans Fat	0.1g		Sugars	0g		
From fat	75	<b>Cholesterol</b>	5mg	2%	<b>Protein</b>	2g	4%	
<i>HappyForks.com</i>		<b>Sodium</b>	159mg	7%	<b>Vitamin A</b>	2%	<b>Vitamin C</b>	1%
		<b>Calcium</b>	6%	<b>Iron</b>	1%	* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		