



# Basil Pesto

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 10 servings | Serving Size: ~2 tablespoons

## Ingredients

- 4-6 garlic cloves, unpeeled and left whole
- 1/3 cup raw unsalted walnuts
- 3 cups packed fresh basil leaves (about 3 ounces)
- 2/3 cup extra-virgin olive oil
- 1/3 cup finely grated parmesan cheese
- 1 1/2 teaspoons lemon juice
- 1/4-1/2 teaspoon ground black pepper, to taste
- 1/4 teaspoon salt

## Directions

1. Heat a skillet or sauté pan over medium heat.
2. Add the unpeeled garlic cloves and the walnuts to the pan. Toast, shaking the pan occasionally, until the garlic cloves are softened and spotty brown and the walnuts are golden and fragrant, about 7-10 minutes. Remove from the pan and set aside to cool.
3. When the garlic cloves are cool enough to handle, remove and throw away the peels, then chop into large pieces.
4. Place the basil leaves in a gallon-size ziptop plastic bag. Squeeze out the excess air and seal the bag closed.
5. Pound the basil in the sealed bag with the flat side of a meat mallet or a rolling pin until all the leaves are bruised.
6. Add the garlic, walnuts, basil, oil, parmesan, lemon juice, black pepper, and salt to a food processor. Puree until smooth, scraping down the bowl as needed.
7. Serve as desired.

## Recipe Notes

- Keep covered in the refrigerator for up to 7 days. Pesto can also be frozen for up to 3 months.

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 16 g | Saturated Fat: 3 g  
Sodium: 140 mg | Total Carbohydrate: 1 g | Dietary Fiber: 0.5 g | Protein: 3 g**

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