



Fresh Herb Pesto

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: ~2 tablespoons

Ingredients

- 1 cup packed basil and/or parsley
- 2 tablespoons toasted nuts or seeds (e.g. pine nuts, walnuts, sunflower seeds)
- 2 tablespoons grated or shredded parmesan cheese
- 2 tablespoons olive oil
- 2 tablespoons lemon juice (about ½ lemon)
- 1 garlic clove, smashed or chopped
- ¼ teaspoon salt

Directions

1. Add the basil and/or parsley, nuts or seeds, parmesan, oil, lemon juice, garlic, and salt to the bowl of a food processor or blender.
2. Blend until smooth, about 2-3 minutes, scraping down the sides as needed.
3. Serve right away, or store in an airtight container in the refrigerator.

Recipe Notes

- If the mixture is too thick, add an additional 1 tablespoon of olive oil and/or lemon juice and continue blending.
- Use with pasta or zucchini noodles, add to pizza in place of pizza sauce, or spread on a sandwich.
- This pesto will stay fresh in the refrigerator for up to 7 days. Any

Nutrition Facts Per Serving: Calories: 140 | Total Fat: 12 g | Saturated Fat: 2 g
Sodium: 240 mg | Total Carbohydrate: 7 g | Dietary Fiber: 4 g | Protein: 4 g

For more recipes, please visit www.nutrition.va.gov



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