


Quick Homemade Pesto

 Ready in 5-10 minutes



Meal Type:
SAUCE/MARINADE/DRESSING

Preparation Difficulty:
EASY

Program Phase:
ALL PHASES

Preparation Time:
PREP: 5-10 minutes
COOK: 0 minutes



INGREDIENTS (12 SERVINGS):

(1 SERVING = 2 TBS)

2 cups fresh basil leaves, packed

1/2 cup extra virgin olive oil

1/2 lemon, juiced

1/3 cup pine nuts (can substitute walnuts or almonds)

2 garlic cloves, peeled

Sea salt to taste (about 1/2 tsp)

Ground black pepper to taste (about 1/4 tsp)

1. In a food processor, add all the ingredients except for the olive oil and pulse until chopped.
2. Continue processing while gradually adding oil in a steady stream. Stop occasionally to scrape the sides.
3. Transfer to a small jar or container and keep refrigerated for 7 days or freeze up to 3 months.



TIP: FREEZE PESTO IN ICE CUBE TRAYS. ONCE FROZEN, TRANSFER TO A FREEZER SAFE BAG OR CONTAINER TO MAKE FOR EASY THAWING.

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