



Basil Pesto

Recipes from www.naturalhealthyconcepts.com

2 cups fresh basil
½ cup olive oil
2 T pine nuts
1 clove garlic
Sea salt
½ C grated parmesan cheese
2 T grated romano cheese

Combine basil, olive oil, pine nuts, garlic and salt in a blender or food processor. Process until smooth. Add cheese just before serving with your favorite pasta.
Optional: add extra pine nuts, sun-dried tomatoes or roasted red peppers to your pasta dish.

1/6 of Recipe: Calories 207, Protein 4.5g, Carbs 1.4g, Fat 21.5g, Sat Fat 4.4g,
Phytosterols 3.8mg, Sodium 150mg

Beneficial Nutrients: Vit A 557 IU, B3 .24mg, Folate 10mcg, Vit C 3mg, Calcium 136mg,
Magnesium 20mg, Potassium 90mg, Selenium 2.2mcg