MOLLIE KATZEN'S WALNUT PESTO

Mollie's recipe for Walnut Pesto is easy to make and can be kept on-hand for several days. Enjoy it as part of her delicious Spinach Lasagna recipe, or simply toss it with noodles. Walnut Pesto also makes a tasty sandwich spread or dip for fresh veggies.

Servings: *4*

INGREDIENTS

- 3 packed cups fresh basil leaves
- 3 large cloves garlic
- ⅓ cup lightly toasted walnuts
- ⅓ cup extra virgin olive oil
- ⅓ cup grated Parmesan cheese
- Salt and pepper to taste
- Optional: additional extra virgin olive oil (for storage)

Visit **www.walnuts.org** for more recipes.

INSTRUCTIONS

1. Place the basil leaves and garlic in a food processor or blender, and mix well. Add the walnuts, and continue to blend until the nuts are finely ground.

2. Keep the machine running as you drizzle in the olive oil. When you have a smooth paste, transfer to a bowl, and stir in the Parmesan. Season to taste with salt and pepper.

3. If you are not going to use the pesto right away, place in a container that has a tight-fitting lid. Smooth out the top surface of the pesto, and pour on enough olive oil to cover it completely. This creates an air-proof seal that helps preserve it well. Cover tightly and store in the refrigerator.

Recipe Courtesy of: Mollie Katzen

NUTRITION INFORMATION: 263 Calories, 27g Total Fat, 5g Saturated Fat, 15g Monounsaturated Fat, 8g Polyunsaturated Fat, 0g Trans Fat, 6mg Cholesterol, 104mg Sodium, 3g Total Carbohydrate, 1g Dietary Fiber, 5g Protein