



FEED OUR FUTURE[®]
Local Foods for Growing Minds



Basil Pesto

Featured Item: Herbs

Serving Size: 2 tablespoons • Yield 4

Fun Facts:

Eating parsley helps with bad breath.

Try It!

Use dried herbs if fresh ones are out of season.

INGREDIENTS

- 1/2 cup** Basil, fresh, Local
- 3 tablespoons** Olive oil
- 1 tablespoon** Parmesan cheese, grated
- 2 teaspoons** Lemon juice
- 1 teaspoon** Garlic, fresh, peeled
- 1/4 teaspoon** Black pepper



DIRECTIONS

1. In the food processor, add basil, along with all of the other ingredients except olive oil.
2. Pulse until smooth, drizzling in olive oil as needed to thin.
3. Taste. Cheese usually provides enough salt. Can add up to 1/2 teaspoon of salt per 16 yield batch if needed.
4. Enjoy! This can be used on pasta, fish, chicken, or sandwiches. Can be frozen up to 1 month.

NUTRITION FACTS

Calories: 102
Total Fat: 11 g
 Saturated Fat: 1 g
 Trans Fat: 0 g
Cholesterol: 02 mg
Sodium: 17 mg
Total Carbohydrate: 0 g
 Dietary Fiber: 0 g
 Total Sugars: 0 g
Protein: 1 g



Scan the code to learn more about Harvest of the Month.

Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

Cook and share with #feedourfutureohio.



Recipe and nutritional info provided by our partner, Pisanick Partners, LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.