



Northwell Healthy Choice Recipes
Created by our Chefs and endorsed by our Registered Dietitians
Selected for you by Cleopatra Tsanis-Tsirnikas MS, RDN

Basil Pesto

Nutritional Benefits

Basil leaves are rich in vitamin C, calcium, and magnesium

Swapping nutritional yeast for cheese in this plant-based pesto reduces the total fat and eliminates saturated fat without sacrificing flavor. This recipe yields about 1 cup, and you'll find each tablespoon goes a long way.

Note: You can use Parmesan cheese in place of nutritional yeast if preferred

Level: Easy

Yield: 12 servings (1 Tbs per serving)

Total: 5 min

Prep: 5 min **Cook:** 0 min

Serving Tip: Enjoy on vegetables, pasta, meats, fish, tofu and more!

Storage Tip: Store leftovers, refrigerated in a tightly sealed container for up to one week. Alternatively, store in ice cube molds for up to one month, defrosting as needed.

Ingredients

- 2 cups packed fresh basil (large stems removed)
- ¼ cup walnuts (halves or pieces, raw or roasted, unsalted; may sub sunflower seeds if nut-free desired)
- 3 large cloves garlic, peeled
- 2 Tbs fresh lemon juice
- ¼ cup nutritional yeast
- ¼ tsp sea salt
- 2 Tbs olive oil
- ¼ cup water (may adjust depending on desired consistency)

Instructions

1. To a food processor or small blender, add the basil, nuts (or seeds), garlic, lemon juice, nutritional yeast and sea salt. Blend / mix on high until a loose paste forms.
2. Add olive oil, a little at a time. Scrape down sides as needed. Then add water, a little at a time.

Allergens: Tree nuts (if using walnuts)

Nutrition Facts per serving (1 Tbs; calculated with walnuts): 42 Calories, 4g Total Fat (0g Saturated Fat), 51mg Sodium, 1g Carbs (1g Fiber, 0g Total Sugar), 2g Protein.

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