



A fresh, vibrant, savory & versatile green sauce

Pesto is an extremely delicious sauce, primarily consisting of finely processed garlic, tons of basil, different herbs and lots and lots and lots (did I say lots yet?) of olive oil. It is insanely yummie, but insanely high in points. Even popular "skinny" pesto recipes are typically a few points for a small 2 tablespoon serving size. We're upping our game by getting more olive oil flavor with some olive oil cooking spray, minimizing the amount of actual oil, then stretching it with warm water.

Ingredients:

- 1 Tbsp pine nuts, toasted
- 3-4 medium garlic cloves
- 3 cups basil, stems ok, chopped ***
- 3 cups spinach, packed, chopped ***
- 1/4 cup reduced fat grated parmesan topping (like Kraft brand)
- 1 cup warm water
- 2 tsp lemon juice
- 1 Tbsp olive oil (get a bottle that says Robust, Bold, or some other word that denotes a 'strong' flavor.)
- 1/2 tsp salt
- 1/4 tsp fresh ground pepper
- olive oil cooking spray, 6-8 second spray ***

Directions:

- 1 Heat a small sauce pan over medium-low heat for 1 minute, then add the pine nuts. Warm the pine nuts for 2-3 minutes, moving them around the pan, till toasted. Set aside.
- 2 Place all of the ingredients, including the pine nuts, into a food processor or large blender. Spray the olive oil cooking spray for 5 seconds directly onto the ingredients at close range to give them a fair amount of 0 point olive oil flavoring.
- 3 Process the mixture to break down all of the basil and spinach. Season with additional salt and pepper if desired.

NOTE:

- Basil can be expensive and some folks can't have Spinach, due to dietary restrictions. There are TONS of different greens you can use instead. Experiment with watercress, arugula, kale, collards, mustard greens, even peas. Look online for basil-free Pesto recipes for ideas.
- You can also sub. chopped walnuts in place of the pine nuts. Those babies are expensive too.

Servings:

Yields: 2 cups
Servings: 8
Serving Size: 1/4 cup



- points last checked 11/10/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

