



# Pesto Sauce

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 yummy, but insanely high in points. Even popular "skinny" pesto recipes are typically a few points for a small 2 tablespoon serving size. I'm getting around that by reducing the olive oil, while keeping the sauce just as thick, thanks to a little pureed zucchini.

### Servings:

Yields: 1-3/4 cups

Servings: 7

Serving Size: 1/4 cup



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- last checked 08/17/23 -  
Use your mobile device's 'Camera' App to look at this code for nutritional info.

### Ingredients:

- 1-1/2 cups diced zucchini
- 1/2 cup warm water
- 4 cups basil, chopped and packed (stems ok)
- 4 medium garlic cloves
- 1/4 cup reduced fat grated parmesan cheese
- 1 tsp lemon juice
- 2 Tbsp olive oil
- 1/2 tsp salt (*if using for a pasta dish, or pasta salad, use 1 tsp*)
- 1/4 tsp fresh ground pepper
- 1 tsp 0 calorie sugar replacement o' choice
- 1 Tbsp pine nuts, toasted in a hot pan

### Directions:

- 1 Place the zucchini and water in a food processor. Process till smooth (pictures 1&2).
- 2 Chop up all of your basil, so it'll be easier to measure it (packed down) as well as letting it fit into the food processor better. Place the basil into the food processor, process till broken down (pictures 3&4).
- 3 Heat a small pan over medium-low heat for 1 minute, then add the pine nuts. Warm the pine nuts till lightly browned and toasted. Add into the food processor.
- 4 Place ALL REMAINING INGREDIENTS into the food processor. Pulse till the pine nuts are broken down. Let rest in the fridge for at LEAST 30 minutes before using.

### NOTE:

- BASIL: Don't forget to chop up and 'pack down' the basil. To get 4 cups, I had to use 4 of the "living herb" live basil plants you see in the produce section of your supermarket. If you are lucky enough to have a big basil plant at your house... I am jealous.
- OTHER HERBS: You can cut the basil with other herbs, such as arugula, watercress and spinach. However, each one will give a VERY distinct flavor. My favorite is 100% basil.