



Balsamic Pesto

INGREDIENTS:

| | |
|----------|---|
| 1 ½ cups | fresh basil leaves (lemon basil is delicious here if you can find it) |
| 2 cloves | garlic |
| ¼ cup | pine nuts |
| 2 Tbsp | extra virgin olive oil |
| ¼ cup | dark balsamic vinegar |
| ¼ cup | vegetable stock |
| Pinch | salt and black pepper |

PREPARATION:

- Place basil, garlic and pine nuts in a small food processor and chop until very fine
- While processor is running, slowly pour olive oil, vinegar and stock through the opening and continue blending 1 minute. Pesto will be soupy, not thick like the traditional style
- Remove to a plastic or glass container and add salt and pepper
- Store in refrigerator for up to one week

| | |
|----------------------|---------------------|
| Yield: | 1 cup |
| Serving Size: | 1 Tablespoon |
| Calories: | 30 |
| Fat Grams: | 2.75 |

