



## 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

<b>Yield:</b>	<b>1 cup</b>
<b>Serving Size:</b>	<b>1 Tablespoon</b>
<b>Calories:</b>	<b>30</b>
<b>Fat Grams:</b>	<b>2.75</b>

