



# Basil Pesto

4-6 servings

## INGREDIENTS

- 2 cups fresh basil leaves
- 1/2 cup nutritional yeast or parmesan cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup sunflower seeds or pine nuts
- 3 garlic cloves, minced (about 3 teaspoons)
- 1/4 tsp salt, more to taste
- 1/8 tsp freshly ground black pepper

## DIRECTIONS

1. Place the basil and sunflower seeds or pine nuts into a food processor and pulse several times.
2. Add the garlic and cheese or yeast and pulse several times more. Scrape down the sides of the food processor with a rubber spatula.
3. While the food processor is running, slowly add the olive oil in a steady small stream. Occasionally stop to scrape down the sides of the food processor.
4. Stir in salt and pepper, add more to taste.

**Note:** toss with pasta for a quick sauce, put over baked potatoes, into scrambled eggs, or on crackers or toast.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.



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