



Lighter Basil Pesto

Jacob · 30/09/2024



Prep Time

8

Difficult

Medium

Servings

N/A

Description

Basil pesto is one of my favorite foods especially in the summer Unfortunately pesto is very high in fat and calories so I have been working to create a lower fat and low calorie pesto version This pesto is creamy and delicious without the guilt This recipe is also great with any type of stock or nuts that you have at home

Ingredients

- - 2 cups fresh basil - 2 cloves garlic - 1 tablespoon pine nuts - ¼ cup part-skim ricotta cheese - ¼ cup grated Parmesan cheese - 2 teaspoons olive oil - salt and ground black pepper
- to taste - 2 tablespoons vegetable broth
- or as needed

Instructions

1. Chop basil
2. garlic
3. and pine nuts in a food processor. Add ricotta cheese to basil mixture and process. Repeat with Parmesan cheese
4. olive oil
5. salt
6. and black pepper. Add vegetable broth and process until sauce is smooth. Add more broth if pesto is too thick.