

U.S. Parmesan Pesto

U.S. parmesan is perfect in this versatile sauce that can be used as a spread on a pizza or as a sauce for a pasta dish.



INGREDIENTS

(Makes about 300ml)

Pine Nuts	60g
Basil, fresh	180g
Garlic Cloves, peeled	2 large
Black Pepper, ground	2g
Salt	4g
U.S. Parmesan, shredded	90g
Olive Oil, extra virgin	160ml

NUTRITIONAL CONTENT

Per 100g

Calories	431kcal
Total Fat	44g
Saturated Fat	8g
Trans Fat	0g
Cholesterol	13mg
Total Carbohydrates	4g
Dietary Fiber	1g
Sugars	1g
Protein	10g
Calcium	297mg
Magnesium	34mg
Phosphorus	157mg
Potassium	136mg
Sodium	625mg
Iron	2mg
Vitamin A	2084IU
Vitamin C	7mg

PREPARATION

1. **Preheat oven to 175°C (350°F).**
2. **Lay out pine nuts on a baking sheet and toast until lightly browned being careful not to burn. Let cool.**
3. **In a food processor, add pine nuts, basil, garlic, salt, pepper, parmesan, and half of the oil. Blend until chunky. With a spatula, scrape down the basil on the sides, then pour the remaining oil in and blend until almost smooth.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.