

Pesto Spread

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Yield: 1/2 cup

1/2 cup butter or margarine

1/2 cup basil, chopped

1/4 cup chopped walnuts

2 tablespoons grated Parmesan cheese

1 teaspoon garlic, chopped

In a bowl, place the butter or margarine.

Add the basil, walnuts, Parmesan and garlic.

Mix well.

Refrigerate until use.

Per Serving (excluding unknown items): 1143 Calories; 114g Fat (85.1% calories from fat); 18g Protein; 27g Carbohydrate; 16g Dietary Fiber; 256mg Cholesterol; 1136mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 22 Fat.