
Italian Pesto Sauce

Frances Wallin

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

2 cups fresh basil leaves, stems removed, firm packed

1/4 cup pignoli (pine nuts) or walnuts

2 cloves garlic, peeled

1/2 cup grated Pecorino, Romano or Parmesan cheese

1/2 cup olive oil

In a food processor fitted with the metal blade, process the basil, nuts and garlic until finely chopped.

Add the cheese and blend.

With the machine running, slowly pour in the oil. Continue to blend until a fine paste forms.

(NOTE: The pesto will keep in the refrigerator for three days or may be frozen in individual heavy-duty plastic bags or jars.)

Yield: 2 cups

Condiments, Sauces

Per Serving (excluding unknown items): 973 Calories; 108g Fat (98.2% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Vegetable; 21 1/2 Fat.