
Cilantro Pesto

The Essential Southern Living Cookbook

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

1/2 cup chopped pecans

1 teaspoon cumin seeds

2 cups loosely packed fresh cilantro leaves

1/2 cup freshly grated Parmesan cheese

1/3 cup olive oil

1/4 cup cold water

2 cloves garlic

1 tablespoon lemon juice

1/2 teaspoon table salt

Preheat the oven to 350 degrees.

Bake the pecans in a shallow pan for 5 to 6 minutes or until toasted. Cool for 10 minutes.

Meanwhile, place a small skillet over medium-high heat. Add the cumin seeds and toast for 1 to 2 minutes. Cool for 10 minutes.

In a food processor, process the pecans, cumin seeds, cilantro, Parmesan cheese, oil, the water, garlic, lemon juice and salt until smooth.

Yield: 3/4 cup

Condiments, Sauces

Per Serving (excluding unknown items): 1047 Calories; 112g Fat (92.5% calories from fat); 5g Protein; 15g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1170mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 22 Fat.