

Mixed Herb Pesto

Domenica Catelli - "Be Mom-A-Licious" blog
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Start to Finish Time: 15 minutes

1/2 cup pine nuts, toasted

9 large cloves garlic

4 1/2 cups fresh flat-leaf parsley

3 cups mixed fresh herbs (mint, basil, dill, oregano and/or thyme)

3/4 cup Parmesan cheese, freshly grated

1 1/2 teaspoons salt

1 1/2 cups extra-virgin olive oil

In a food processor, combine the pine nuts, garlic, parsley, herbs, cheese and salt.

Pulse a few times to chop and combine.

With the food processor running, slowly pour the oil through the opening.

Process until well blended.

Spoon the pesto into an airtight container.

Refrigerate up to one week or freeze up to six months.

Yield: 2 1/2 cups

Per Serving (excluding unknown items): 3663 Calories; 379g Fat (90.6% calories from fat); 51g Protein; 38g Carbohydrate; 12g Dietary Fiber; 47mg Cholesterol; 4473mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 5 Vegetable; 7 1/2 Fat.