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.