

# Pesto Sauce

*Anthony Stingo*  
*Chef Anthony*  
*cooking for your health:*

**Servings: 10**

**Yield: 2 ounces**

*4 cups basil leaves, coarsely chopped*

*2 tablespoons pine nuts (pignolia),  
chopped*

*1/8 cup garlic, chopped fine*

*1/2 cup virgin olive oil*

*1/3 tablespoon kosher salt*

*1/2 teaspoon white pepper*

full body - 8

**Preparation Time: 20 minutes**

In a food processor add all items , but not the oil.

As the mixture grinds add the oil slowly to the bowl

The end result should be a thick paste, full of Flavour

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Per Serving (excluding unknown items): 110 Calories; 12g Fat (93.5% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 189mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fat.