

JENNI MARIE'S TEST KITCHEN

www.JMtestkitchen.com

Basil Pesto (makes 1 cup of pesto)

Equipment Needed:

- Mortar & Pestle OR Food Processor
- Kitchen Scale
- Measuring Cups & Spoons
- Rubber Spatula

Directions:

1). Gather all ingredients & equipment. Measure or weigh out pine nuts and place in food processor (or mortar & pestle) and finely crush until it *almost* starts turning to a paste. Add garlic (or garlic replacer), basil leaves, and grated cheeses to food processor and pulse until everything is fully incorporated. Add lemon juice, small pinch of salt, and then slowly pour olive oil in while you run the processor on low speed. The consistency should be paste-like. Taste test, and add salt and pepper to taste and process once more. Enjoy on fresh bread or al dente pasta. *Deliziosa!*

- **2 C. (80g.) Fresh Basil Leaves**
- **1/4 C. (48g.) Pine Nuts** (can sub with unsalted walnuts, almonds or cashews)
- **1/2 C. (48g.) Fresh Grated Parmesan**
- **1/4 C. (24g) Fresh Grated Pecorino Cheese** (or more parmesan)
- **2 t. Lemon Juice**
- **Pinch of Kosher Salt**
- **1/3 C. (80 ml.) [Low FODMAP Garlic Oil](#)** (or regular olive oil & 2 cloves garlic)
- **2 t. Low FODMAP Garlic Replacer** (omit if using fresh garlic)



****You can make a large batch and freeze pesto into a silicone ice cube tray with cover for ease of measuring and use through the winter months.***