

Simply the Pesto

PER SERVING (1/4th of recipe, about 2 tbsp.): 68 calories, 5g fat, 228mg sodium, 3g carbs, 0.25g fiber, 0.5g sugars, 3g protein

Ingredients:

1 cup fresh basil leaves
1/4 cup fat-free ricotta cheese
2 tbsp. reduced-fat Parmesan-style grated topping
2 tbsp. pine nuts
1 tsp. olive oil
1 tsp. chopped garlic
1/4 tsp. salt, or more to taste
1/4 tsp. black pepper, or more to taste

Directions:

Place all ingredients in a small blender or food processor, and blend/process until a smooth paste forms. If you like, add additional salt and pepper to taste. Refrigerate until ready to serve!

MAKES 4 SERVINGS

Enjoy! P.S. If you *really* love the stuff and plan to use it often, make a double batch -- it'll be easier to blend that way!

COMPLIMENTS OF FIT IN THE CITY INTERACTIVE

www.fitinthecity.com