



Makes about 1 cup
Cook Time: 10 minutes

INGREDIENTS:

2 packed cups basil or arugula

¼ cup pine nuts, toasted

4 cloves garlic, peeled and
chopped

2 teaspoons fresh lemon juice

Sea salt to taste

½ package extra-firm silken tofu
(about 6 ounces), drained

¼ cup nutritional yeast
(optional)

Basil Pesto

Traditional pesto is made with genovese basil, pine nuts, olive oil, and parmesan cheese. The flavor is rich, and a little goes a long way. This healthy version has all the flavor of the traditional version without the oil or cheese, and just a touch of fat in the nuts. For a really low-fat version, make the sauce without the nuts and use low-fat silken tofu. And for an unusual twist, try it with arugula instead of the basil.

From *Forks Over Knives – The Cookbook*

By Del Sroufe

- 1 Combine the basil, pine nuts, garlic, lemon juice, salt, tofu, and nutritional yeast (if using) in the bowl of a food processor and puree until smooth and creamy.