# Basil Pesto Spread

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

Try this flavorful spread as a dressing for pasta salad. It can also be served on crackers or as a dip for pita bread or fresh vegetables.

## About the Recipe

**12 Calories · 1.9 g Protein · 0.1 g Fiber**
**Sauce/Dressing/Topping**
**Gluten-free**

## Ingredients

***Makes 12 Servings***

- 1 c (24 g) packed fresh basil leaves
- 2 cloves garlic, chopped
- 12.3 oz (349 g) firm low-fat silken tofu
- Iodized salt **optional*
- Ground black pepper **optional*

## Directions

1. Place the basil and garlic in a food processor and process until well chopped.
2. Add the tofu and process until smooth.
3. Season with salt and black pepper, to taste

## Nutrition Facts

*Per serving (2 tablespoons)*

**Calories:** 12
**Fat:** 0.3 g
- **Saturated Fat:** 0 g
- **Calories from Fat:** 18.4%

**Cholesterol:** 0 mg
**Protein:** 1.9 g
**Carbohydrates:** 0.6 g
**Sugar:** 0.1 g
**Fiber:** 0.1 g
**Sodium:** 172 mg
**Calcium:** 16 mg
**Iron:** 0.3 mg
**Vitamin C:** 0.5 mg
**Beta-Carotene:** 63 mcg
**Vitamin E:** 0 mg