

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