

SPAGHETTI WITH PESTO SAUCE

August 26, 2009

Serves: 16 servings, serving size 1/2 cup

3 cups fresh basil, stems removed
3 garlic cloves, chopped
1/4 cup olive oil
3/4 cup pine nuts, toasted
1/4 cup Parmesan Cheese
Fresh ground pepper
1 lb cooked spaghetti, hot

1. Wash and dry basil. Place basil in a blender or food processor with garlic, olive oil, pine nuts, cheese, and pepper. Process until smooth.
2. Transfer cooked spaghetti to a serving bowl. Add pesto and toss thoroughly to serve.

Nutrition Facts per serving

Exchanges: 1/2 starch, 1 1/2 fat

Calories: 122, calories from fat 76, **Total Fat:** 8g, saturated fat 1g, **Cholesterol:** 1mg, **Sodium:** 12mg, **Total Carbohydrate:** 9g, dietary fiber 1g, sugars 1g, **Protein:** 3g

CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM



Mary Beth Gurganus, LD/N
Jackson County Health Department
3045 4th Street ~ P O Box 310
Marianna, FL 32446

Phone: 850-526-2412 ext 282
Fax: 850-482-9564
E-mail: WellnessBuddy@doh.state.fl.us
Website: www.jacksonchd.org

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