

Lunch | Dinner

Old World Italian Pesto

7 Mins
Prep Time

1 Mins
Cook Time

5
Servings

 **300 Calories** **32g Fat** **3g Carbs** **4g Protein**



Ingredients

 **5 Servings**  **8 Mins Total Time**  **Allergens: Nuts, Dairy**

½ Cup Walnuts 

2 Cups Fresh Basil

2 Cloves Garlic (garlic powder can be substituted)

1 Tbsp Lemon Juice

¼ Tsp Salt

¼ Cup Parmesan Cheese, grated

½ Cup Extra Virgin Olive Oil 

Allergen Swap

Nuts Use sunflower seeds

Dairy Use a vegan cheese (Parmesan cheese has trace amounts of lactose, but omit cheese if bothersome)

Nourishment Note



Olive Oil

Olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation associated with Crohn's disease and ulcerative colitis.



Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

In a blender or food processor, add all the ingredients except the extra virgin olive oil.

3. Add Oil

Blend mixture on a low setting, adding the extra virgin olive oil in a slow stream. Scrape sides of container using a rubber scraper.

4. Blend Thoroughly

Process until mixture is smooth and no lumps are visible.

5. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



Food Processor or Blender



Rubber Scraper

Remission Remix

- Make a large batch of pesto and portion into ice cube trays. Freeze, then place frozen pesto cubes in a freezer-safe bag. When energy levels are low, grab one to add to soups or pasta.