

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. Blend Ingredients

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

### 2. 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.

### 2. Blend Thoroughly

Process until mixture is smooth and no lumps are visible.

Recipe Created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## 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.