

Fresh Basil Pesto Sauce with Whole Wheat Pasta

4 Cups Fresh Basil
3 Cloves Garlic
¼ Cup walnuts
1/3 Cup Grated Romano or Parmesan Cheese
¼ Cup Extra Virgin Olive Oil
1/8 cup water
Salt
Pepper
1 pint cherry tomatoes, chopped

Blend ingredients together in a food processor and top over whole wheat pasta. Add chopped tomatoes for flavor and color!

Serves 6 (1 cup=1 serving)

Calories 260 Fat 15g Carbohydrate 23g Dietary Fiber 4g Protein 9g Sodium 110mg