

# Spaghetti With Pesto Sauce

## Ingredients:

1 1/2 cup fresh basil, stems removed  
2 cloves garlic, chopped  
2 tbsp olive oil  
1/4 cup pine nuts, plus 2 tbs., toasted  
2 tbsp grated parmesan cheese  
1/2 lb cooked spaghetti, hot

## Instructions:

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

## Per serving:

calories 209

fat 13.8g

carbohydrates 18.5g

fiber 1.6g

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