Snack, Mediterranean

Creamy Basil Pesto with Spinach

A smooth, herby sauce made by blitzing fresh basil and spinach with savory cheese, then enriched with creamy cottage cheese.

10 min	15	1 g	0 g
time	calories	carbs	sugars



Gluten free

Ingredients, 12 servings

- [ ] 1 cup cottage cheese (non-fat)
- [ ] 2 tsp extra virgin olive oil
- [ ] 1/2 cup fresh basil
- [ ] 1/4 cup Parmigiano-Reggiano (grated)
- [ ] 1 tbsp shallots (minced, about 1 large)
- [ ] 1 cup baby spinach
- [ ] 2 tbsp skim milk
- [ ] 2 clove garlic (minced)

Method

- [ ] 1 Add the baby spinach, minced garlic, shallots, grated Parmigiano-Reggiano, and fresh basil to a food processor and blend into a paste.
- [ ] 2 Pour in the cottage cheese and Extra Virgin Olive Oil while the motor runs, then process until the mixture is completely smooth.
- [ ] 3 Blend in the skim milk if a looser consistency is needed.

Nutrition Facts

Per serving

Calories	**15**
Total fat	1 g
Saturated fat	0 g
Sodium	50 mg
Total carbs	1 g
Fiber	0 g
Total sugars	0 g
Protein	1 g

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