

# *Zesty Pesto Sauce*

Most pesto recipes are filled with olive oil and nuts, but this recipe from my daughter-in-law, Mika McDougall, MD, leaves out all of the oil and only uses a few walnuts. This is delicious and so easy to make, and is an excellent topping for pasta, pizza, salad, or whatever you choose. It is a richer food because of the walnuts, but is used as a topping so the amount of fat per serving is acceptable for most people.

Serves: 6-8

Prep Time: 10 min

Cook Time: 10 min



## *Ingredients*

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**1 Bag** Pre-washed baby arugula (usually 5-7 oz)

**1 Bunch** Fresh basil (10-15 leaves)

**2 Cloves** Garlic

**1/2 Cup** Walnuts

**1** Lemon, juiced

**1/3 Cup** Water

Salt and pepper to taste

## *Directions*

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Place all ingredients in a food processor and blend until smooth.