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

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

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