



# Tomato Pesto



## Ingredients



Adapted from *EatFresh.org*

- 4 cups tomatoes, peeled and coarsely chopped
- 30 large basil leaves, fresh
- 4 tsp balsamic vinegar
- Dash salt
- Dash black pepper
- 5 cloves garlic
- 1/2 cup olive oil
- 1 cup parmesan cheese, grated



## Directions



Yield: 4 cups Serving size: 1/2 cup

1. Combine the tomatoes, garlic, basil, olive oil, balsamic vinegar, salt, and pepper in a blender and puree until smooth.
2. Add the cheese and blend briefly just to mix.
3. Transfer to a bowl and adjust the seasoning, salt and pepper, to taste.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



Vegetables  
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Fruits  
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Protein  
ChooseMyPlate.gov

Dairy  
ChooseMyPlate.gov

## Cooking Tips



- Store the pesto in a sealed container in the fridge to make it last for several days.
- To intensify the flavor, add a few oven-dried tomatoes.
- Try the recipe with, or without cheese. Try with whatever type of cheese you have or like!

Nutrition Facts	
Serving Size 0.50 cup	
Serving Per Container 8	
Amount Per Serving	
<b>Calories 396</b>	
	% Daily Value*
<b>Total Fat</b> 35 g	45%
Saturated Fat 8.2 g	41%
<b>Sodium</b> 542 mg	24%
<b>Total Carbohydrate</b> 11.4 g	4%
Dietary Fiber 4 g	14%
<b>Protein</b> 12 g	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Second Harvest is an equal opportunity provider.



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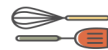
Vegetables  
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