

# Asparagus Stem Pesto

## Ingredients:

4 cups	boiling water
1 cup	fresh basil, lightly packed (with stems) garlic
2 each	cloves, freshly peeled
¼ cup	olive oil
¼ cup	cold water
1/8 tsp	kosher salt
3 T	grated parmesan cheese
2 T	lemon juice
1 cup	fresh baby spinach
1/8 tsp	ground black pepper
1-1/4 cup	fresh asparagus stems

## Preparation:

1. In a sauce pan, boil asparagus stems for 10 minutes. Drain water and let asparagus cool.
2. In a food processor or blender, add all ingredients except for oil. Use all of the basil (including stems).
3. Stream the oil slowly to emulsify. Process until smooth and a thick pesto consistency.
4. Serve with your favorite pasta as a sauce base or as a topping on sandwiches or grilled proteins.

Per 2 TBSP: 40 cal, 4 g fat, 1 g carbs, 0 g fiber, 40 mg sodium, 0 g protein

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