

Tofu Pesto Spread



Ingredients

1 cup packed fresh basil leaves
1 low fat silken tofu firm (12.3 oz package)
2 cloves garlic, minced
1/8 tsp black pepper to taste

Instructions

Place garlic and basil in food processor and process until well chopped. Add the tofu and process until smooth. Season with pepper. You can add this spread to sandwiches, wraps and Triskets.

Nutrition Information Per Serving

Serving Size: 2 Tablespoons

Calories: 12

Fat: .3 gm

Sodium: 172 mg

Fiber: .1 gm

Carbohydrates: .6 gm

Protein: 1.9 gm