



## **Pasta Con Pesto**

### **INGREDIENTS**

3 tablespoons olive oil  
1 clove garlic  
1 teaspoon fresh basil  
3/4 cup broken walnuts  
3/4 cup grated parmesan cheese

### **DIRECTIONS**

- Pour sauce over hot, cooked spaghetti or linguini (about 6 ozs. dry). Makes 4 servings, each of which provides over 20 grams of protein, counting the pasta.

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