

# From Lisa's Kitchen: Roasted Garlic Pesto

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One of my favorite things to eat is pesto, but traditional pesto is made with lots of high-fat ingredients like olive oil, pine nuts and Parmesan cheese that can quickly add up in calories. Try this version, which gets its flavor and texture from roasted garlic. Brilliant in its simplicity, this will quickly become one of your favorite recipes. Adapted from Weight Watchers.

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## Roasted Garlic Pesto

Makes about ½ cup

2 whole garlic heads

1 cup fresh basil leaves

¼ cup water

1 tablespoon grated Parmesan cheese

1½ teaspoons lemon juice

1/8 teaspoon each salt & pepper

Serving suggestion: enjoy on bread, sandwiches, or mixed into salad dressing

Preheat oven to 350°

Slice the very top off each head of garlic and wrap heads in aluminum foil. Place on baking sheet and bake until cloves are tender, 45 - 60 minutes.

When garlic is cool enough to handle, squeeze the cloves into the bowl of a mini food processor, discarding the papery skins. Add the remaining ingredients and process until the mixture is smooth.