Protein Packed Pesto Recipe

**SERVINGS: 4**

**INGREDIENTS**
½ cup water
10oz package frozen, chopped spinach (thawed and well drained)
1/3 cup 1% cottage cheese
1/3 cup fresh basil (or 2 Tbsp dried basil) - fresh preferred
2 Tbsp grated parmesan cheese
1 Tbsp olive oil
2 cloves garlic, minced

**DIRECTIONS**

1. Combine all ingredients in blender or food processor
2. Blend or process until smooth
3. Spoon ½ cup of mixture on poultry or fish

**NUTRITIONAL ANALYSIS PER SERVING (1/2 cup)**
Calories: 77
Fat: 5 grams
Protein: 6 grams
Carbohydrate: 4 gram
Cholesterol: 3 mg
Sodium: 292 mg
Sugar: 1 gram