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