

BASIL SAUCE WITH GARLIC & LEMON



COURSE: APPETIZER, SAUCE, SIDE DISH

CUISINE: MEDITERRANEAN PREP TIME: 5 MINUTES

SERVINGS: 6 CALORIES: 163KCAL AUTHOR: EDYTA



With the abundance of basil during the summer months this recipe for amazing Basil Sauce with Garlic & Lemon will surely become handy. It contains only 4 ingredients and it takes only a couple of minutes to put together. You can dunk the bread in it, you can smother it on the chicken, fish or steak or even use it as a salad dressing.

INGREDIENTS

- 2 cups Fresh Basil Leaves
- 1/2 cup Olive Oil Extra Virgin
- 2 cloves Garlic peeled
- 1/2 teaspoon Lemon juice or more to taste, or skip
- 1/4 teaspoon Salt or more to taste
- Freshly ground pepper to taste

INSTRUCTIONS

1. Place all the ingredients in a blender and blend to your liking consistency. Taste for seasoning. Serve with bread or as a condiment to meat, fish, salads or pasta.

NUTRITION

Calories: 163kcal | Carbohydrates: 1g | Protein: 1g | Fat: 18g | Saturated Fat: 2g | Sodium: 98mg | Potassium: 24mg | Fiber: 1g | Sugar: 1g | Vitamin A: 420IU | Vitamin C: 1.9mg | Calcium: 16mg | Iron: 0.4mg