

Basil Lemon Drizzle

Yield: 4 servings

Ingredients

1 cup fresh basil; loosely packed leaves

2 tablespoons fresh lemon juice

1 teaspoon lemon zest

¼ cup extra virgin olive oil

1 teaspoon maple syrup; optional

¼ teaspoon kosher salt

Instructions

1. Put all of the ingredients in a food processor or blender and process until well blended.
2. Store in an airtight container in the refrigerator for 7 to 10 days or in the freezer for 2 months.

This is a great condiment that brings out the flavor in anything you put it on-use as a dressing on salads, as a sauce for pasta, or drizzle on veggies or fish.

Nutrition Information

Serving Size: 1 ounce

Calories: 60

Total Fat: 7.0 g

Saturated Fat: 1.0 g

Monounsaturated Fat: 5.0 g

Sodium: 75 mg

Total Carbohydrate: 1.0 g

Dietary Fiber: 0 g

Sugars: 0 g

Protein: 0 g

Source: The Cancer Fighting Kitchen. Rebecca Katz



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