

Vegetables with Basil Pecan Pesto



Makes:

6 Servings

Utensil:

Saladmaster Food Processor
2.5 Qt. (1.49L) Culinary Basket
3 Qt./2.8 L Perforated Basket
Blender

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Recipe:

Contributed By:

Chef Sergio Corbia

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Vegetables

2 medium carrots, sliced, use Cone #4
2 fennel bulbs, sliced, use cone #4
1/2 pound
green beans, chopped
(227 g)
1 pound
small red potatoes, sliced, use Cone #4
(454 g)
1 1/2 cup
water
(500 mL)

Pesto

2 cups fresh basil, rough chopped (48 g) 1/3 cup olive oil (160 mL) 1/2
cup pecans, (55 g) 1/3
toasted 2
cup Parmesan, shredded, use Cone #1 (33 g) 1/2
3
cloves garlic, shredded, use Cone #1 teaspoon salt (2 g)

Directions:

tablespoons hot water, if necessary (45 mL)
Salt and pepper to taste
1. Layer carrots, fennel beans and potatoes in culinary basket. Place water in sauce pan, culinary basket in pan, set heat to medium and cover. When Vapo-Valve™ clicks lower heat to low and cook for approximately 15 minutes.
2. Meanwhile, place all pesto ingredients in blender and blend until smooth. add additional water, if necessary, to reach

desired consistency. Set aside.

3. When vegetables are cooked (when fork inserts easily, vegetables are cooked) move pan to sink, remove basket into sink and allow to drain.
4. Place on serving platter and serve with pesto.

Tips:

- Makes approximately 1 1/4 cups pesto. If there is remaining pesto, cover and refrigerate up to 1 week.

Nutritional Information per

▼ Serving

Calories: 376
Total Fat: 22g
Saturated Fat: 3g
Cholesterol: 5mg
Sodium: 355mg
Total 45g
Carbs:
Dietary Fiber: 19g
Sugar: 3g
Protein: 11g