

# Creamy Pesto Dressing (no-oil)

## INGREDIENTS

3 cloves garlic, roughly chopped

½ cup (120 milliliters)  
mashed silken tofu

2 tablespoons (30 milliliters)  
lemon juice, or more to taste

2 tablespoons (30 milliliters)  
raw cashew butter

½ cup (120 milliliters) packed fresh  
parsley, tough stems removed\*

3 cups (720 milliliters)  
packed fresh basil leaves\*

¼ cup (60 milliliters) toasted  
pine nuts or walnuts

1/3 cup (80 milliliters)  
nutritional yeast

A couple dashes mild  
curry powder, optional

¼ teaspoon (1.25 milliliters)  
salt, or to taste (may need up  
to ½ teaspoon [2.5 milliliters])

Water to thin, if needed



## INSTRUCTIONS

1. Place all ingredients into a blender or food processor and blend/process until nearly smooth. Thin with water to desired consistency. Adjust seasoning to taste with lemon juice and salt, if needed. Store in a 1-pint (0.5-liter) jar in the refrigerator. Use within 7 days.

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## NOTES

- \*If omitting parsley, use 3½ cups (840 milliliters) basil.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 49, Total Fat 3.5 g, Saturated Fat 0.6 g, Cholesterol 0 mg, Sodium 79 mg, Total Carbohydrate 2.5 g, Dietary Fiber 0.9 g, Sugars 0 g, Protein 2.5 g, Calcium 2%, Iron 4%, Vitamin A 4%, Vitamin C 6%, Potassium 2%, Magnesium 5%, Zinc 3%

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► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.

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