

Side

Kale Pesto

15 Mins
Prep Time

0 Mins
Cook Time

12
Servings

 **141 Calories** **14g Fat** **3g Carbs** **2g Protein**

Ingredients

 **12 Servings** • **2 Tablespoons** Serving Size

 **Allergens: Nuts**  **15 Mins** Total Time

3 Cups Kale, ribs removed and roughly chopped 

¾ Cup Walnuts 

2 Tbsp Lemon Juice

2 Cloves Garlic 

¾ Tsp Salt

Ground Black Pepper, to taste

½ Cup Extra Virgin Olive Oil 

Allergen Swap

Nuts Replace the walnuts with sunflower seeds.



Nourishment Note



Kale

Kale is a member of the cabbage family. It contains high amounts of vitamin A, K and C. It's also a good source of calcium and B vitamins. It may help to lower cholesterol levels, protect the heart and reduce inflammation associated with psoriatic disease.



Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. This type of fat is important for heart and brain health, as well as reducing inflammation within the body.



Garlic

Garlic is a member of the onion family and is rich in vitamins, minerals and antioxidants to help reduce the risk of various diseases, such as heart disease, Alzheimer's and Dementia.



Extra Virgin Olive Oil

Extra virgin olive oil contains antioxidants and monounsaturated fats important to lowering inflammation in the body and reducing the risk of heart disease.

Instructions

1. Blend Ingredients

To a food processor add kale, walnuts, lemon juice, garlic, salt and pepper. Blend on medium speed.

2. Add Olive Oil

While blending, slowly drizzle the olive oil into the pesto mixture. Scrape down the sides if necessary.

3. Blend Until Smooth

Blend until smooth and creamy. Add more salt, pepper or lemon juice if necessary.

Recipe adapted from: cookieandkate.com

What You'll Need



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Food Processor or Blender

PD Cooking Tips

- To help reduce the preparation work of tearing the kale, bagged, pre-cut kale would work well. Be sure to remove the stems before blending.
- Freeze extra pesto into ice cube trays, then store in freezer-safe zip-top bags. A cube of pesto makes a wonderful addition to a rich, vegetable soup. It can also be thawed and used in other recipes later.
- Try sitting on a stool while preparing this recipe. Standing for extended periods of time can be exhausting, especially while cooking.