

Kale Pesto

Serves 16



Ingredients:

- 1 cup olive oil
- 2 large cloves fresh garlic, minced
- 10 basil leaves (optional)
- 6 packed cups (about 1 bunch) kale, stems removed & leaves torn into small pieces
- Zest and juice of 1 lemon (about 4 Tablespoons)
- ½ teaspoon salt
- ½ cup grated Parmesan cheese (optional)

Instructions:

1. Add kale and olive oil to a high-sided bowl or container and, using an immersion blender, blend until no large pieces remain. (Note: You can also use a standard blender or food processor; add everything at once and blend.)
2. Add basil, garlic, salt, lemon zest and juice, and Parmesan (if using). Blend again until well-incorporated and smooth.
3. Be sure to taste and adjust seasoning if necessary. Enjoy over roasted vegetables, pasta, or as a pizza topping!

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Nutrition Facts		
Serving Size	1 × 16 Serving	
Amount Per Serving		
Calories	136.5	
	% Daily Value*	
Total Fat	14.5 g	19 %
Saturated Fat	2.4 g	12 %
Trans Fat	0 g	
Cholesterol	2.7 mg	1 %
Sodium	134.6 mg	6 %
Total Carbohydrate	1.1 g	0 %
Dietary Fiber	0.3 g	1 %
Total Sugars	0.2 g	
Added Sugars	0 g	0 %
Protein	1.2 g	
Vitamin D	0 mcg	0 %
Calcium	48.3 mg	4 %
Iron	0.2 mg	1 %
Potassium	38.7 mg	1 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>