

Homemade Kale Pesto



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PoeCenter
The Alice Aycock Poe Center for Health Education

Recipe

From the Poe Center

Title: **Homemade Kale Pesto**

Serves: 6-8 Total Time: 10 min total

Equipment: Blender or food processor

Ingredients:

- 1 ½ cups chopped kale, stems removed
- ½ cup fresh basil leaves
- ½ cup olive oil
- 1 clove garlic
- Juice of 1 lemon
- Salt to taste
- ¼ cup walnuts
- ¼ cup pine nuts
- ¼ cup Parmesan cheese (optional)

Instructions:

- Add kale, basil, olive oil, garlic, and lemon into the food processor and pulse/blend until smooth.
- Add nuts, salt, and cheese and pulse until smooth.
- Serve as a dip with veggies or whole-grain crackers.
- Serve as a sauce mixed into pasta.



Special Tip:

This can be made nut-free or dairy-free by leaving out the nuts or cheese. The texture will change but it will still taste great. If leaving out cheese, you may need to add a little more salt, or cashews for added creaminess. If leaving out ingredients, you may need less olive oil.



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