



# Recipes for Success



## Kale Walnut Pesto

*Note: This recipe requires a food processor, blender, or chopper*

### Ingredients:

Kale	½ bunch, washed
Olive Oil	½ cup
Walnuts	1/3 cup
Garlic, minced	2 cloves
Lemon, juiced	1 lemon



### Directions:

1. Cut the middle stem out of each kale leaf.
2. Chop leaves into bite sized pieces.
3. Add garlic, walnuts, lemon juice, and about half the kale into the food processor. Pulse until the kale is roughly chopped.
4. Add the olive oil and the remaining kale. Process until mixture is at desired consistency.



### Serving suggestions:

- Toss into whole wheat pasta and vegetables
- Use instead of mayo on a sandwich
- Use instead of tomato sauce on pizza