

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Kale Pesto**

**Makes 2 cups**

**Serve with pasta, roasted vegetables, or as a sandwich spread.**

**Ingredients:**

2 cups packed, torn kale leaves, stems removed  
1 cup packed fresh basil leaves  
½ cup chopped nuts, toasted (walnuts, almonds, pecans, hazelnuts, pine nuts)\*  
1/3 cup grated parmesan cheese  
¼ cup olive oil  
2 cloves garlic  
¼ teaspoon salt  
3-4 tablespoons water, as needed

**Directions:**

In a food processor, combine kale leaves and basil leaves. Pulse until leaves are finely chopped. Add remaining ingredients and puree to a paste. Add extra water if necessary. Toss with your favorite pasta or vegetables and serve.

**\*Recipe note:** To toast nuts, place nuts in a dry pan, over medium-high heat and toast, stirring often, about 3-5 minutes, until lightly browned and fragrant.

**Nutritional Information per ¼ cup serving:**

Calories: 131	Carbohydrates: 3g
Total Fat: 12 g	Cholesterol: 5mg
Saturated Fat: 1g	Dietary Fiber: 1g
Sodium: 174 mg	Protein: 3g