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