

KALE PESTO RECIPE



1. Start with a pile of fresh, washed kale that has been stripped from the stems. Save the stems for soup or stir fry. 2. Peel and trim 4-6 cloves of garlic. 3. Chop Chop: 3/4 C. of nuts in a food processor (we aren't big fans of pine nuts), use a mix of roasted salted almonds & cashews. You can even use walnuts, hazelnuts or whatever you have in the cupboard. 4. Add: 1/4 C. of extra-virgin olive oil, garlic and cheese & lemon juice (if using) and process again until it all reaches a similar consistency - but not long enough to make a funky nut butter consistency. 5. Blanch Kale: Toss kale into 2 quarts of salted water that has reached a rolling boil. Continue cooking until water returns to boiling & kale has softened a bit. 6. Refresh: Move the kale from the pot to a colander & rinse with cold water until greens are cool to the touch. Using your hands, squeeze the water from the kale and place into the food processor. 7. Chop Chop: Process once more until it looks like pesto, adding more olive oil for consistency. 8. Add to taste: Salt & Pepper.

Uses for pesto:

Mixed with pasta, as a sandwich spread, in vinaigrette, tossed with veggies, in your baked potato or as a zingy dip.

More recipes at:

www.homegrown.org/group/homegrowncookin
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