

KALE PESTO RECIPE

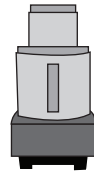
www.HOMEGROWN.org

things YOU need:

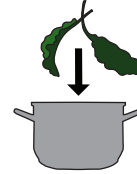
- 1/2 C. nuts (any will do)
- 4-6 cloves of garlic
- 1/4-1/2 C. extra virgin olive oil
- juice from 1/2 a lemon
- 1 bunch kale (local & organic)
- 1/2 C. ground parmesan
- food processor
- pot for blanching kale
- salt & pepper



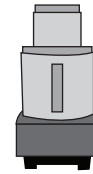
chop chop



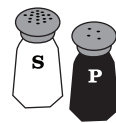
chop chop



blanch kale



chop chop



add to taste

EAT

DO IT YOURSELF

FLIP OVER →