

Kale Pesto

Ingredients:

1 bunch lacinato (dinosaur) kale
1/4 cup parmesan cheese
3/4 cup sunflower seeds or pepitas
1/2 teaspoon sea salt
zest of 1/2 lemon
1 tablespoon lemon juice, freshly squeezed
1 clove garlic, grated
1/4 cup cold pressed olive oil

Directions:

Remove stems from kale. In a food processor fitted with an s-blade, add the kale, cheese, seeds, salt, lemon zest, lemon juice, salt, and garlic. Process until coarsely chopped. Slowly add olive oil and pulse to incorporate. Taste for salt and add more oil if it is too dry. This should not be an oily pesto, only add enough oil so it is moist. Toss with a pasta, use as pizza topping, or as a delicious dip.

