

Presto Pesto!

Servings: About 4 (one serving is 1/4 cup)

RECIPE BOX

INGREDIENTS

2 CUPS TORN KALE LEAVES (NO STEMS)
1 CUP PACKED FRESH BASIL LEAVES
1 TSP SEA SALT
1/4 CUP EXTRA VIRGIN OLIVE OIL
1/4 CUP TOASTED WALNUTS
4 CLOVES GARLIC, CHOPPED
1/2 CUP GRATED PARMESAN CHEESE



DIRECTIONS

STEP 1: In a food processor, combine kale, basil and salt. Quickly chop until the kale leaves are finely chopped.

STEP 2: With the food processor running, drizzle in the olive oil and continue until mixed.

STEP 3: Remove top of food processor, scrape down sides of the bowl and add the walnuts and garlic.

STEP 4: Process again for about 30-45 sec.

STEP 5: Add the cheese and pulse until mixture is combined.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 139, Total Fat 13g, Carbs 3g, Protein 4g, Fiber 1g, Sugars 0g.

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