

KALE PESTO

INGREDIENTS

- 1 c** Pecan halves (raw)
- 1/4 C** Pumpkin seeds (toasted)
- 3/4 C** Extra virgin olive oil
- 1 C** Kale (green) (processed)
- 1/2 C** Basil (fresh)
- 1/4 C** Parsley (fresh)
- 1 clove** Garlic
- 1 T** Salt
- 5 T** Lemon juice



COOKING INSTRUCTIONS

- 1** Place the pumpkin seeds on a cookie sheet & place in the oven & then pre-heat oven to 350
- 2** Pre-heat oven to 350F
- 3** Toast until turn golden (about 5 minutes)
- 4** Process pecans & then remaining ingredients including the toasted seeds (while still warm)
- 5** Blend on high & stop to move everything around to make sure it gets well blended
- 6** When it's like a thick 'paste' it's done

NOTES

- 1** This pesto can keep for a week in your refrigerator
- 2** You can also put it into ice cube trays & freeze it and defrost when needed