



COOKING CLUB 2019-2020:
SIMPLY SANDWICHES

recipe

KALE PESTO

SERVINGS: 16



HOW WE USED IT:

We added our Kale Pesto to an ITALIAN PANINI with sliced turkey, turkey pepperoni, shredded mozzarella, and marinara sauce!

ingredients

1/2 LB KALE
1/3 CUP OLIVE OLIVE
1/8 CUP GRATED PARMESAN CHEESE
1 TSP LEMON JUICE
1 TSP CHOPPED GARLIC
1 TSP SALT
BLACK PEPPER, TO TASTE

NUTRITION NUGGET:

Kale is an excellent source of Vitamin K which is important for keeping your bones healthy and aids in blood clotting.

method

1. Wash and remove thick stems from kale and tear into 2-inch pieces
2. Make pesto in batches by filling a food processor 1/2 full with kale. Add a drizzle of oil. Process until smooth, adding a little more oil as needed. Transfer to a large bowl. Repeat with the remaining kale and oil. When you get to the last batch, add cheese, lemon juice, garlic, salt and pepper. Add to the bowl and stir well to blend flavors.
3. Use 1-2 Tbsp as a spread on your panini.