

Winter Kale Pesto

Makes: about 16 servings



Total Time: 10 minutes

Ingredients:

- 1/3 cup unsalted walnuts
- 6-9 cloves garlic, peeled and crushed
- 1 ½ cups D'Avolio Extra Virgin Olive Oil, divided
- 1 large bunch kale, thickest part of stems removed
- 1 cup grated parmesan cheese
- ½ tsp. salt

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PREPARATION

1. In the bowl of a food processor, combine walnuts, garlic, and half the olive oil. Blend until nuts are small and grainy, about 20 seconds.
2. Tear kale into chunks and add into processor with walnuts and garlic. Process until smooth while drizzling in remaining olive oil. Add parmesan cheese and salt, pulse to combine.

This pesto is delicious served over pasta, drizzled on soups or pizzas, or used in place of mayo on a sandwich. Combine with Greek yogurt for a heart healthy dip for veggies or pita.

Nutrition: 230 calories; 24g fat (4.5g saturated); 3g carbohydrates; 4g protein; 200mg sodium