



Kale Pesto

Fall

Winter

Spring

Summer

NUTRITION INFORMATION

SERVING SIZE: 1 Tblsp

Amount per Serving

Calories	61 kcal
Protein	1.14 g
Carbohydrate	2.64 g
Total Fat	5.46 g
Saturated Fat	0.86 g
Cholesterol	0.69 mg
Vitamin A	3870.12 IU
Vitamin C	30.38 mg
Iron	0.47 mg
Calcium	42.98 mg
Sodium	96.01 mg
Dietary Fiber	0.51 g

EQUIVALENTS: 1 Tblsp provides $\frac{1}{8}$ cup dark green vegetable.

Recipe HACCP Process: #1 No Cook

"I grew up eating and preparing whole foods, raised my own children this way, and now want to give my students every opportunity to experience the better nutrition and variety that whole, fresh foods offer."

— LINDA WHEELOCK

Kale Pesto • 64 servings (1 Tblsp)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Kale	2 lb	1 gal (packed)	<p>❶ Remove thick stems from kale and tear into 2-inch pieces.</p> <p>❷ Fit a food processor with a steel blade. Make pesto in batches by filling the food processor ½ 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.</p>
Olive oil		1½ cups	
Grated Parmesan cheese		½ cup	
Lemon juice		2 Tblsp	
Chopped garlic		1 Tblsp	
Kosher salt		1 Tblsp	
Ground black pepper		½ tsp	
NOTES			

