# Kale Pesto

## Ingredients

*Serves 7-10 for a taste test*

- 2 cups kale
- 1 cup packed fresh basil leaves
- 1 teaspoon sea salt
- 1/4 cup extra virgin olive oil
- 1/4 cup walnuts or sunflower seeds
- 4 cloves garlic, chopped (or to taste)
- 1/2 cup grated Parmesan cheese (optional)
- 1/4 cup sundried tomatoes (optional)

## Directions

1. Wash kale and basil leaves
2. Remove stems from kale and gently tear the leaves by hand
3. In a food processor, combine kale, basil, and salt and pulse until leaves are finely chopped
4. With the motor running, drizzle in olive oil
5. Add in garlic, walnuts or sunflower seeds, and cheese or sundried tomatoes (if using). Finish pulsing until desired texture is reached.
6. Serve and enjoy!

Recipe adapted from Fifty Shades of Kale: 50 Fresh & Satisfying Recipes That Are Bound to Please

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