



## In the Kitchen with Infants Students

### KALE PESTO

#### FRESH FROM THE GARDEN: Kale



Lemons



Blueberries



Tomatoes

#### Ingredients

2 cups chopped kale  
 $\frac{1}{2}$  cup pepitas  
1 small clove garlic  
 $\frac{1}{4}$  cup grated parmesan cheese  
 $\frac{1}{4}$  teaspoon salt  
Fresh ground black pepper  
2 tablespoons lemon juice  
 $\frac{1}{2}$  cup EV olive oil

#### Equipment

Food processor



#### Method

1. Pulse pepitas and garlic until pepitas are ground up. Add cheese, salt and pepper and pulse again.
2. Add kale and lemon juice and with food processor running, drizzle in the oil and process until combined.
3. Season to taste.

Pro Tip: If kale pesto is too bitter add  $\frac{1}{4}$  teaspoon of honey.

Makes 1 cup.