

# Kale and Walnut Pesto

Serves: 8

Adapted from: <https://www.wholefully.com>

**Items Needed:** cutting board, knife, food processor or blender, measuring cups, measuring spoons, spatula

## Ingredients:

1/3 cup walnuts  
1 bunch kale  
1 clove garlic, chopped  
1/4 c parmesan cheese  
Juice of 1/2 a lemon  
1/2 c olive oil  
1/2 tsp salt  
1/4 tsp pepper

## Directions:

1. Remove the stems from the kale, roughly tear or chop the leaves into pieces, you should end up with about 3 cups of leaves
2. Add walnuts, kale, garlic, parmesan cheese, and lemon juice to the bowl of a food processor or blender. Pulse/blend until everything is well chopped. You may need to stop and scrape down the sides a few times.
3. With the food processor or blender running on low, stream in the olive oil, until all is mixed in.
4. Add the salt and pepper, pulse or blend to combine

## Nutrition Information: per 2 TB

Calories: 170 Fat: 16g Carbs: 1g Protein: 2g Fiber: 1 g **Sodium:** 200 mg

Recipes are sent to Josh Winn and the demo kitchen at Giant Eagle with logos to be added by the Giant Eagle marketing group. **Ensure final proof before copies are made include the Medical Center logo, the Wellness Office logo and the Giant Eagle Market District logo, RD name and credentials doing the demo.**