

Kale Pesto (nut-free)





Kale is full of antioxidants and other cancer-fighting ingredients!



Ingredients

2 cups	chopped kale
1 clove	garlic, minced
1/2 cup	olive oil
1	lemon, juice only
1/4-1/2 cup	parmesan
1/4 tsp	salt and pepper, or to taste

Directions

-  Pulse all ingredients except olive oil in a food processor.
-  With the food processor on, pour olive oil into food processor until the desired consistency is reached.
-  Serve pesto with crostini or other vegetables for dipping.
-  Herbs such as parsley or basil can be added to pesto. Nuts can also be added.