



We made this garden-fresh pesto during our summer LINKS programs in 2024 and it was a huge hit! It has been adapted to be nut and dairy-free.

Kale Pesto

PREP TIME:	5 minutes mins
COOK TIME:	5
TOTAL TIME:	10
SERVINGS:	6 Servings
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INGREDIENTS

Juice from half a lemon
¼ -1/2 cup of olive oil
¼ tsp fine salt (more to taste)
2 tbsp pumpkin seeds
1 tbsp nutritional yeast
1 tsp garlic powder
pinch of black pepper
4-5 leaves of kale, stems removed

Optional: ¼ cup of herbs of choice (dill, parsley, chives, mint, fennel)

INSTRUCTIONS

1. Add ingredients to blender or food processor
2. Mix ingredients until evenly blended
3. Add more oil for desired consistency
4. Enjoy as sauce, dressing, or for dipping bread and veggies