

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Kale and Walnut Pesto

Serves: 8

Modified from: 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
- ¼ cup parmesan cheese
- Juice of ½ a lemon
- ½ cup olive oil
- ½ teaspoon salt
- ¼ teaspoon 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 Tablespoons):

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