



Kale Pesto

Created by [Love & Lemons](#) | Makes 1 Cup



Jeanine Donofrio of **Love & Lemons** focuses on using seasonal fruits and vegetables in her plant-based meals.

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Ingredients

- ½ cup pepitas
- 1 small garlic clove
- ¼ cup grated Parmesan cheese, or 1 tablespoon nutritional yeast
- Heaping ¼ teaspoon sea salt
- Freshly ground black pepper
- 2 packed cups chopped curly kale
- 2 tablespoons lemon juice
- ½ cup extra-virgin olive oil

Instructions

1. In a food processor, pulse the pepitas and garlic until the pepitas are ground up. Add the cheese or nutritional yeast, salt, and several grinds of pepper and pulse again.
2. Add the kale and lemon juice. With the food processor running, drizzle in the olive oil, and process until combined. Season to taste.

Notes

- › If the kale pesto is too bitter, add ¼ teaspoon maple syrup or honey.
- › Leftover pesto will keep in an airtight container in the fridge for up to 3 days. You can also freeze it for up to 2 months.

Different Ways to Use Pesto

- › Toss it with pasta. For a lighter dish, replace the regular pasta with spaghetti squash or zucchini noodles.
- › Spoon it over a frittata or sunny-side-up eggs.
- › Swirl it into mac and cheese.
- › Scoop it onto a bowl of soup, especially tomato basil!
- › Serve it as an appetizer with crusty bread for dipping.
- › Slather it onto a Caprese sandwich, a grilled cheese, or any sandwich you like.
- › Dot it onto homemade pizza.
- › Toss it with roasted veggies for a yummy, healthy side dish. It'd be fantastic with roasted cauliflower, butternut squash, or sweet potatoes!
- › Dollop it onto a grain bowl.