Vegan Kale Pesto

Ingredients

- 4 C kale (or parsley, spinach, basil) destemmed and tightly packed
- ½ C olive oil
- 4 tbs nutritional yeast (or parmesan cheese if you eat dairy)
- ⅔ C nuts or seeds (almonds, walnuts, pumpkin seeds)
- 1 ½ tbs lemon juice
- 1/2 tsp salt
- ¼ tsp red pepper flakes

Directions

1) Wash and dry the kale and tear into bite size pieces.
2) Put all the ingredients in a food processor and blend until smooth.
3) Adjust salt and lemon juice to taste if more needed

Substitute other leafy greens you have on hand, such as parsley, spinach, or basil. Use your favorite nuts or seeds and toast them for additional flavor.

Nutritional yeast is a source of B vitamins, protein, and has a cheesy flavor. You can find nutritional yeast in bulk bins at Safeway and Berkeley Bowl, or find it packaged.

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