

# 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
- ½ 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.*



Put your kale pesto on whole grain pasta for an easy and delicious meal!

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