



Friends' Kale and Hemp Seed Pesto

Ingredients:

- 1 small garlic clove
- 2 cups loosely packed baby kale leaves or regular kale with stems removed
- 1 cup loosely packed basil leaves
- ¼ cup hemp seeds
- ½ cup grated Parmesan cheese
- ¼ cup extra virgin olive oil
- 1 tsp freshly squeezed lemon juice
- Salt & pepper to taste (approximately 1/4-1/2 tsp each)

Preparation:

1. In a food processor, add the garlic clove. Pulse until finely chopped.
2. Add the kale and basil; pulse until the kale leaves are finely chopped (about 10 times).
3. With the motor running, slowly drizzle in the olive oil.
4. Stop the food processor and scrape down the sides.
5. Add the hemp seeds, Parmesan cheese, lemon juice, salt & pepper and pulse to combine.
6. Taste for seasoning and adjust as needed.
7. Enjoy as a dip, over pasta or alongside poultry & seafood!