

# Kale Pesto

Yield:

## Ingredients:

- ¼ cup toasted sunflower seeds
- 6 cups of toasted kale
- ¼ cup of olive oil
- ¼ cup of parmesan cheese
- Salt and pepper to taste

## Directions:

- Preheat oven to 450 degrees
- Lay Kale out on sheet tray and toast until golden brown on top.
- In a food processor or a blender add the sunflower seeds, kale, and parmesan with a sprinkle of salt and pepper.
- Puree and stream in the olive oil.
- Add water if you need to thin out and finish

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