

# Toasted Walnut Kale Pesto

## Diabetes Friendly/Sauce/Spread



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

Serves: ~ 10, 1 tbsp serving

**Items Needed:** food processor, chef's knife, cutting board, flat spatula

### Ingredients:

- 2 cup packed kale leaves
- ½ cup coarsely chopped toasted walnuts
- ½ cup grated Parmigiano-Reggiano
- 1/2 cup extra virgin olive oil
- 2 garlic cloves
- 1 lemon, juiced
- salt and pepper to taste

### Directions:

1. Blend together kale and walnuts in a food processor.
2. Add garlic and olive oil. Blend again.
3. Add cheese, lemon juice and salt and pepper. Blend until mixed thoroughly. Scrape down the sides with a rubber spatula and blend a few more times.
4. Add to sandwiches, sautéed vegetables or pasta.
5. Serve and enjoy!

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(17g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 29mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 34mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.