



## Kale-Almond pesto

YIELD: 1 QUART

### INGREDIENTS

Kale, leaves only 4 cups  
Extra-virgin olive oil 1 1/2 cups  
Salt 1/2 tsp.  
Garlic 2 ea.  
Almonds, toasted 1/2 cup  
Parmesan cheese, grated 1/2 cup  
Whole grain pasta 2 lb.

### DIRECTIONS

1. Combine all ingredients, except the cheese and pasta in a blender and blend until smooth.
2. Mix in the cheese in and toss with warm pasta. Nutrition Information (per serving/portion, prepared with 1 cup cooked Barilla Protein Plus penne pasta and 2 tablespoons of pesto)

#### Nutrition Information (per portion/serving)

Calories: 420/Protein: 12 g/Carbohydrate: 42 g/Fiber: 6.0 g/  
Carbohydrate to fiber ratio: 7

Saturated fat: 4.0 g/Polyunsaturated fat: 4.0 g/  
Monounsaturated fat: 16.5 g

Trans fat: 0 g/ Sodium: 100 mg/Potassium: 35 mg /Added  
sugar: 0 g