



Kale-Almond pesto

YIELD: 1 QUART

INGREDIENTS

- Kale, 4 cups raw
- Extra-virgin olive oil, 1/2 to 1 cup as needed
- Salt 1/2 tsp.
- Garlic 2 ea.
- Almonds, raw 1/2 cup; can toast in a dry skillet until fragrant on low heat if desired
- Parmesan cheese, grated 1/2 cup OR nutritional yeast, 1/4 to 1/2 cup to taste
- Chickpea pasta, cooked to al dente
- Juice of 1/2 a lemon, more or less to taste

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