

# HERB-KALE PESTO

Makes 1½ cups / Prep time: 15 minutes

*Nutritional yeast adds a lovely, almost cheesy taste to this pesto as well as a hearty amount of protein and fiber. Nutritional yeast is also a fabulous source of vitamin B<sub>12</sub>, which is one of the most prevalent nutritional deficiencies in the world. Vitamin B<sub>12</sub> is crucial for many metabolic functions and for help in maintaining both a healthy cardiovascular system and nervous system.*

1 cup chopped kale

1 cup fresh basil leaves

3 garlic cloves

2 teaspoons nutritional yeast

¼ cup extra-virgin olive oil

1. Place the kale, basil, garlic, and yeast in a food processor and pulse until the mixture is finely chopped, about 3 minutes.
2. With the food processor running, drizzle the olive oil into the pesto until a thick paste forms, scraping down the sides of the bowl at least once.
3. Add a little water if the pesto is too thick.
4. Store the pesto in an airtight container in the refrigerator for up to 1 week.

**SUBSTITUTION TIP** Try spinach or any other dark leafy green in place of the kale for interesting variations. You can also use any of an assortment of different herbs in the same quantity as the basil in this recipe.

**PER SERVING (2 TABLESPOONS)** Calories: 44; Fat: 4g; Protein: 1g; Carbs: 1g; Fiber: 0g; Net Carbs: 1g; Fat 82%/Protein 9%/Carbs 9%



KETO QUOTIENT

DAIRY FREE  
GLUTEN FREE  
NUT FREE  
VEGETARIAN  
UNDER 30 MINUTES