

Recipe

KALE PESTO WITH PALEO PASTA

THE GOODS:

In the food processor:

1 bunch of kale (chopped)

2 Tbsp nutritional yeast

2 cloves garlic

1 cup olive oil

½ lemon, seeded and juiced

½ Cup water (more or less depending desired thickness)

Pinch of salt (to taste)

½ cup nuts or seeds of choice (pumpkin, pine nut, walnut, sunflower – they are all good)

*1 package of Cappellos grain free pasta

Optional toppings: a ¼ cup of parmesan cheese, roasted or fresh tomato.

THE METHOD:

Blend all ingredients in food processor. Add water slowly to assess texture of sauce.

For the pasta:

Boil a large pot of water. Add in the Cappellos pasta. We like the fettucine. Follow the directions of the package.

Toss gently in a large bowl. Top with fresh or roasted tomatoes if you like! Enjoy.

Boulder Nutrition