

## Kale-Pumpkin Seed Pesto

### Ingredients

½ tsp kosher salt	crushed red chile flakes to taste
1 garlic clove	¼ c olive oil
6 Tbsp roasted pumpkin seeds	2-3 Tbsp freshly grated Parmesan
1½ c kale leaves, stems removed, preferably Lacinato (aka Tuscan, Dinosaur, Black)	

### Directions

Process garlic with salt in a food processor until finely chopped. Add seeds, kale and chile flakes and chop until fine. Add the olive oil, processing until well blended. Transfer the pesto to a jar. Stir in the cheese (or for non-dairy version, leave out). Makes about ⅔ cup.

Pesto is delicious as a base for a pizza or panini. For pasta or a chicken, it can be thinned with some lemon juice.

*cooking with care*

Cooking with Care by Amy Sokol - [www.cookingwithcare.com](http://www.cookingwithcare.com)