

Cut & fold along dotted lines to fit this in your 3x5-inch recipe card box:

One of our favorite winter recipes:



## Winter (Kale) Pesto

Yield: 2 cups | Prep Time: 20-30 min.

### Ingredients:

8 cups stemmed & chopped kale  
1 cup grated Reggiano Parma  
3/4 cup olive oil  
1/2 cup pine nuts  
4 garlic cloves, peeled & chopped  
1/2 teaspoon red pepper flakes  
Salt to taste (1-2 teaspoons)

### Directions:

1. Bring a large pot of water to boil and set aside a large bowl of ice water.
2. Plunge kale into the boiling water for 3 minutes and then remove and place in the ice water for 3 minutes.
3. Drain and press out excess water.
4. Put kale and all other ingredients into a food processor; puree until smooth.
5. Cover and refrigerate up to 3 days or until you're ready to put on great pasta (we tried sweet potato casarecci and it was a delicious combo).

Source: *Andrew Weil, MD & Sam Fox, with Michael Stebner, True Food.*

