
COLLARD GREEN PESTO

1 pound bunch	Collard greens*, ribs discarded, leaves roughly chopped
1/2 cup	Pecans
1/2 cup	Basil, torn
1/2 cup	Shredded Parmesan
1/2 cup	Pitted Kalamata olives
1/3 cup	Olive oil, plus more if needed for consistency
2 cloves	Garlic
	Salt & pepper to taste

- Bring a large pot of water to a boil over medium heat.
- Blanch collards until bright green, about 1 minute.
- Transfer immediately to an ice bath to shock. Remove and pat dry.
- In a food processor**, add the collards, parmesan, basil, olives, pecans, and garlic.
- While food processor is running, add the olive oil until the pesto comes together.
- Withhold or add olive oil until the pesto a consistency of your liking.
- Add salt and pepper to taste.

Serve on top of pasta, fresh bread, or whole grain crackers.

*Kale or spinach may be substituted for collard greens

**If you don't have a food processor, an immersion blender in a deep bowl also works.

10 servings

Per serving:

130 Calories

11 grams Fat

3 grams Total Carbohydrate

2 grams Dietary Fiber

3 grams of Protein

131 mg sodium