

kale stem & parsley Pesto



INGREDIENTS

- 1 cup kale stems, chopped
- ½ cup fresh parsley with stems
- 3 garlic cloves, peeled
- ½ cup roasted chickpeas
- ½ tsp. kosher salt
- ¼ tsp. red pepper flakes
- ¼ cup olive oil
- zest of 1 lemon
- juice from ½ lemon

DIRECTIONS

1. Place all ingredients except the oil into a food processor. Pulse until mixture is crumbly, scraping down sides as needed.
2. Continue pulsing while adding the oil in a slow, steady stream until well blended. Add more olive oil if needed.
3. Taste and adjust seasoning as needed.