



Kale Pesto with Zucchini Noodles

Pesto

- 3 cups kale, stems removed and roughly chopped, (1 bunch, use smaller tender leaves)
- ½ cup basil leaves
- 4 Tb full flavored extra virgin olive oil
- 2 cloves garlic, chopped
- 2 tablespoons nutritional yeast
- 1/2 teaspoon Celtic salt, or to taste
- Pinch of black pepper
- 1 Tb lemon juice

Noodles

- 5 cup zucchini, spiralized or julienned (2-3 zucchini)
- 2 cups grape tomatoes, sliced in half lengthwise
- ¼ cup oil cured black olives, pitted and sliced
- almond parmesan, for topping (optional)
- Celtic sea salt & fresh pepper

Prepare the Pesto

- Place all ingredients except lemon juice in food processor and blend until desired consistency.
- Add more olive oil if desired.
Taste for seasoning and add lemon juice if desired, set aside.

Prepare the Noodles

- Use a spiralizer to get a curly “noodle” or a julienne tool which will give you a straight “noodle” which is what I did. Put into a medium bowl.

- Combine the zucchini with the pesto sauce. Mix to coat all the “noodles”.
- Add the tomatoes and olives. Mix thoroughly. Taste for salt and pepper.
- Put onto individual serving plates.
- Top with some almond parmesan and garnished with a basil sprig. Serve immediately.

Almond Parmesan

1 cup raw almonds
2 tablespoons nutritional yeast
1 teaspoon garlic powder
1/2 teaspoon Celtic sea salt

- Place all ingredients in food processor and process until your desired consistency.
- You can sprinkle it on soups, pasta's, salads.
- Store in an air tight container in the fridge, will last up to a couple months.