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WESTSIDE

CELEBRATING THE FOOD AND DRINK CULTURE OF OUR REGION

SUMMER AVOCADO KALE PESTO

by [Ecinet](#) on [July 11, 2012](#) in [Blog](#)

Summer Avocado Kale Pesto

By Kimberley Stakal

Summer is usually the season when we all give a go at eating more raw foods. With the abundance of local greens, garden veggies, and fresh herbs, it's easy to take on a few more raw dishes in our diets. I'm a big fan of pesto—the traditional Italian sauce of pine nuts, Parmesan cheese, and basil—and I felt inspired to make a raw version of it using vegetables I brought home from the farmers market this past weekend.

In this totally revamped “pesto,” kale acts as the sub-in for basil, and avocado comes in to give a nutty flavor and thick consistency. Cucumber keeps things a bit cooling, and lime makes the flavors pop. This isn't your traditional pesto by any stretch, and that's what makes it so fun.

Try this out on cold pasta noodles for a great picnic dish, or tossed with long, thin strips of zucchini squash for a completely raw pasta meal. It even doubles as a cold summer soup—just add a bit more water to the end product to thin it out, and it's ready for a giant spoon.



Summer Avocado Kale Pesto

Ingredients:

½ bunch kale, cleaned, stemmed, chopped

½ cucumber, seeded, chopped

1 avocado, seeded, chopped

1 lime, juiced

¼ cup chopped mint, plus more for garnish (may also use basil, cilantro, or parsley)

½ teaspoon sea salt

¼ to ½ cup water, as needed

1 tablespoon extra virgin olive oil



Directions:

1. Combine kale, cucumber, avocado, lime juice, mint, and salt in a food processor; puree until smooth. (You may need to pulse a few times, scrape the sides of the bowl down, and repeat.)
2. With the food processor machine running, slowly add ¼ cup of the water. Puree until mixture becomes smooth and thick, like traditional pesto. If mixture is still very thick, add the remaining ¼ cup water.
3. Add olive oil and puree to blend.
4. Serve immediately with fresh herb garnish or store in an airtight container up to one week.

Makes about 2 cups.



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📌 avocado, cucumber, kale, mint, sauce



OYSTERS WITH SOUR BEER MIGNONETTE

SUMMER AVOCADO KALE PESTO >



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SEP

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Tue

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SEP

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Thu

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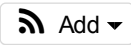
SEP
25
Fri
(http://ediblewestside.com/calendar/oneday/exact_date~2
5-9-2015/)

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Tue
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OCT
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Thu
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OCT
2
Fri
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OCT
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Tue
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OCT
8
Thu
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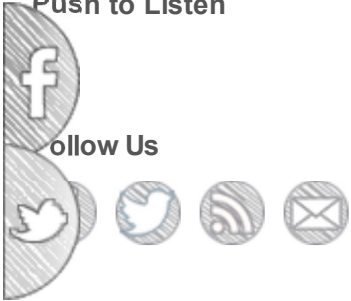
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