

Kale and Garlic Scape Pesto

Nebraska Seasonal Produce Guide

6 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 2 cups kale leaves, gently rubbed under cold running water, stems removed and chopped
- 1 cup fresh basil, gently rubbed under cold running water
- ½ cup garlic scapes (about 5 scapes), gently rubbed under cold running water, chopped
- ½ cup nuts (walnuts, pine nuts, almonds)
- ⅓ cup Parmesan cheese
- ⅓ cup olive oil
- Salt and pepper to taste

Instructions

1. Wash hands with soap and water.
2. Place the kale, basil, garlic scapes, nuts, and cheese in a food processor or blender. Pulse until combined. Scrape down the sides with a spatula or spoon.
3. While the food processor is running, slowly add half of the olive oil. Stop the food processor and scrape down the sides again. Start the food processor and add the remaining oil.
4. Add salt and pepper, if desired.
5. Use as a sauce for pasta dishes, add to sandwiches, or spread on crackers or toast.
6. Store leftovers in a sealed container in the refrigerator for up to seven days, or freeze for up to three months.

Nutrition Information per Serving (3 Tbsp of recipe): Calories 200, Total Fat 20g, Saturated Fat 3g, Cholesterol 5mg, Sodium 85mg, Total Carbohydrates 3g, Fiber 1g, Total Sugars 0g, includes 0g Added Sugars, Protein 3, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 2%



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