Recipes for a School Garden

# Cilantro Pesto Dip

from 28cooks.blogspot.com

12 oz plain yogurt

3 T prepared pesto

¼ c fresh cilantro, chopped

2 t fresh lemon juice

Salt/pepper to taste

Combine all ingredients in a bowl and whisk well. Serve immediately, or chill for a bit to allow flavors to combine.

# Garlic Scape Pesto

from blog.timesunion.com/eatlocal

3 garlic scapes

2.5(ish) c fresh basil

¼ c pine nuts, lightly toasted

1/3 c parmesan cheese

1/3 c olive oil

Sea salt & fresh pepper

Pulse the scapes, basil, and pine nuts in a food processor. Add the cheese and pulse a few times more. With the processor running, add the olive oil. Turn off the processor and scrape down the sides. Turn it on again until the sauce is smooth. Store in the refrigerator. The pesto will keep for a week.

# Raw Kale Salad

modified from artofbalancedliving.net & vegweb.com

1 lb kale (or collard greens, or combination)

1/8 c olive oil

½ t sea salt

½ t black pepper

1 t red pepper flakes

1 clove of garlic finely chopped

¼ c apple cider vinegar

¼ c green onion thinly sliced

¼ c chopped sun-dried tomatoes, dried cranberries, etc.

Wash the kale thoroughly and rip into small pieces. Put into large bowl and add olive oil, sea salt, and garlic. Mix well, massaging with hands for 3-5 minutes. In a separate bowl mix the red pepper, black pepper, vinegar, onions, and dried fruit. Add your kale to the marinade. Mix thoroughly so that all the kale is coated. Refrigerate for a few hours or overnight.