BeWell recipe of the month:
Kale Cashew Pesto

From the kitchen of Sarah Tapia, Health Improvement Program

Ingredients:

- 2 cups kale steamed and roughly chopped
- ¼ scallions, chopped
- ½ cup cashews
- 2 oz goat cheese
- 2 cloves garlic (roasted if you like)
- ½ tsp. sea salt
- 2 tbsp. lemon juice
- 1 tsp. olive oil

Directions:

1. Put all ingredients in a food processor and process until you reach a desired consistency.
2. Enjoy!