

Creamy Peanut Kale

1 bunch chopped kale
1/4 cup natural peanut butter
1 tablespoon vegetable oil
2 tablespoons soy sauce
1/2 teaspoon coriander
1/4 teaspoon chili powder
1/4 teaspoon cumin
1/3 chopped onion
1 garlic clove
1/4 cup vegetable broth or water

Created by Katie Harris and Aaron Suko, Full Earth Farm

Recipe contributed by Sue Hansen for Sustainable Tallahassee in February 2013.

She shares these tips:

1. Wash the kale and chop fine. I chopped by hand because although I have a food processor, I was not sure it would chop the kale fine enough. Second time I made it, I used the processor and it worked fine.
2. Add the rest of the ingredients (I used vegetable broth) and mix really well, kind of mashing with a fork. The kale wilts down and it forms a wonderful pesto. I also used Walnut Oil instead of vegetable oil. I liked it better this way.
3. Serve as a pesto. Serve it with crudité's or spread on seeded whole wheat crackers, chips, toasted pita chips, or any kind of toasted bread.