



Use Seasonal Veggies...

This **Garlicky Kale & Spinach Dip** can be made up to 5 days ahead of time and refrigerated in a covered container.

Ingredients:

1 bunch Kale, washed , tough stems removed	3 tbsp. toasted Pine Nuts
1 bunch Spinach, washed, tough stems removed	4 tsp. Balsamic Vinegar
2 medium Garlic Cloves, peeled	½ cup Olive Oil

Directions:

Prepare an ice bath by filling a bowl halfway with cold water and ice and set aside. Bring a large pot of salted water to a boil. Add kale and spinach and cook until wilted, about 2 minutes. Remove, and plunge into the ice bath. Drain, shake off any excess water, and put into food processor. Add garlic, nuts and vinegar. While pureeing, slowly pour in the oil. Continue pureeing until all is incorporated and smooth, about 3-4 minutes. Season with salt, to taste, and serve.

Makes 1½ cups

This pesto-like dip is especially tasty with root vegetable chips. Or, serve with roasted root vegetables, crackers or chips.