

Kale Pesto and Avocado Bruschetta

2 cloves garlic, peeled
1/4 cup pine nuts
15 fresh basil leaves
1 cup fresh kale leaves, stems removed
1/4 cup crumbled goat cheese
1 T extra-virgin olive oil
sea salt and pepper, to taste
sliced sprouted grain bread, quartered & toasted
avocado slices
baby arugula leaves, to garnish

To make pesto, pulse each ingredient in food processor starting with garlic and continue with pine nuts, basil, kale, olive oil, goat cheese and salt and pepper to taste.

Spread pesto on sprouted grain bread toast points. Top each with a slice of avocado and garnish with arugula leaf.

Recipe by Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN