

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Caprese Arugula Salad with Kale and Basil Pesto

KALE AND BASIL PESTO:

1/2 cup toasted pine nuts
6 stems Tuscan kale, stripped leaves only
about 1/2 cup olive oil
juice and zest of 1 lemon
1/2 cup basil leaves, packed
1/2 cup parmesan, grated
1 clove garlic
2-3 tbsp cold water (as needed to thin)

SALAD:

12 oz arugula
2 cups baby heirloom tomatoes, halved
6 oz fresh small mozzarella balls (Ciliegine), halved

DIRECTIONS:

STEP 1. PREPARE THE PESTO: Using a small food processor, blend together kale, basil, pine nuts, garlic, lemon juice, lemon zest and olive oil. Pulse until combined, then pulse in the parmesan cheese. If mixture seems too thick, add a bit more olive oil or water to thin.

STEP 2. PREP THE SALAD

Thoroughly wash the arugula, (yes, even if it comes pre-washed!) and spin dry. Then, halve tomatoes and mozzarella cheese balls.

STEP 3. MIX IN PESTO

Coat the arugula with the pesto, then carefully toss in the tomatoes and cheese — toss again to combine!