

Sweet Potato + Kale Pesto Bites

<http://www.mindbodygreen.com/0-16586/sweet-potato-kale-pesto-bites.html>

Ingredients

- 1 large sweet potato
- 1 tablespoon melted coconut oil
- bunch of Asparagus
- 1 red onion

For the Pesto

- 1/2 cup olive oil
- 3 cloves garlic (I always use 5 but I love garlic)
- 1 bunch fresh basil leaves – about 1½ cups
- 1 big handful of kale
- 2 teaspoons apple cider vinegar
- 1/2 cup pine nuts or walnuts – Or a mix! (Soak walnuts first for a few hours if you choose walnuts and rinse well)
- 1 tablespoon water
- 1/3 cup nutritional yeast
- salt + pepper to taste

Preparation

1. Pre-heat the oven to 400°F degrees.
2. Wash the potato well and cut into 1/4 - 1/2-inch rounds, leaving the skin on. Cut them so they are uniform in thickness in order for them to cook at the same rate.
3. In a large bowl, combine the potato slices, coconut oil, and a generous sprinkle of sea salt and mix well. Place them on a baking sheet and bake for 30-35 minutes. Make sure to flip them halfway through. They are done when they are golden brown.
4. Prepare the pesto by adding the pressed garlic, basil, kale, apple cider vinegar, and toasted pine nuts or walnuts to a food processor. Add nutritional yeast and olive oil and blend smooth. Add salt and pepper to taste. Add more oil or a little water if pesto needs more liquid.
5. Break the asparagus ends off and steam 6-7 pieces of asparagus. Place asparagus into cold water once steamed.
6. Finely dice the asparagus and a ¼ of the red onion.
7. When the potatoes are done let them cool. Top with as much pesto as you like, and garnish with asparagus and onion. Add any other topping that you desire. Red pepper pieces, finely chopped spinach or arugula are also great. Top with toasted leftover pine nuts for a crunch.