

Rosemary Roasted Potatoes & Sweet Potatoes

Makes about 12 cups

Ingredients

2 large sweet potatoes
5-7 potatoes (any variety will do)
6 sprigs fresh rosemary, destemmed
Olive oil
Salt & pepper to taste

Method

1. Preheat oven to 375 F
2. Wash all potatoes and cut them into bite-sized wedges (about 1 cm thick).
3. Place potatoes in large bowl with rosemary, salt, and pepper.
4. Drizzle in olive oil (enough to lightly coat the potatoes) and mix (you can mix with your hands or a large spoon!)
5. Spread onto large baking sheet and bake for 35-40minutes. Stirring after 20 minutes.

Sunflower Seed and Kale Pesto

Makes about 1 cup

Ingredients

3/4 cup unsalted hulled and roasted sunflower seeds
3 garlic cloves, roughly minced
1 bunch kale, destemmed (about 2 cups, loosely packed)
1/2 cup extra-virgin olive oil
Juice from 1/2 of a lemon
Salt and black pepper, to taste

Method

1. Pulse the kale, garlic, and sunflower seeds together in the bowl of a food processor until very finely chopped.
2. Add lemon juice, salt, and pepper and process continuously until combined. Stop the processor every now and again to scrape down the sides of the bowl. The pesto will be very thick and difficult to process — that's ok.
3. With the blade running, slowly pour in the olive oil and process until the pesto is smooth.