

Kale Pesto Pasta

Kale yeah, this is delicious! This vibrant pasta dish is a great source of fiber and flavor. The combination of earthy kale, fresh herbs, and zesty lemon makes for a delicious side dish or add your favorite protein for a well-balanced meal.

YIELD 8 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

1 lb	Whole Wheat Pasta, penne or rigatoni
1/3 cup	Pumpkin Seeds
1/2 pound	Kale, thick ribs removed (about 10 stems)
1/4 cup	Extra Virgin Olive Oil
1 cup	Parsley, thick stems removed (about 1/2 bunch)
1 cup	Basil, stems removed
3 cloves	Garlic, roughly chopped
1 each	Lemon, zested and juiced
1/4 tsp	Red Pepper Flakes
1/2 tsp	Kosher Salt
To taste	Black Pepper, ground
1 1/2 oz	Parmesan, grated (about 3/4 cup), <u>divided</u>

CHEF'S NOTES

The bright acidic flavor of lemon balances the earthy flavor of kale. Adding in parsley and basil brings layers of flavor to this simple dish.

Blanching the kale before blending tenderizes the kale, reduces the bitterness, and preserves its bright green color!

Refrigerate any leftover pesto in an airtight container for 5-7 days.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring a large pot of water to a boil over high heat. When water is boiling, add kale leaves and cook until tender, about 5 minutes. Using a mesh strainer or a slotted spoon, remove the kale leaves and put directly into a large pitcher blender. Do not drain the pot! Add the pasta to the still-boiling water and cook until al dente, about 8-10 minutes. Drain the pasta and transfer to a large mixing bowl, reserving about one cup of the pasta water.
3. Meanwhile, toast the pumpkin seeds: heat a small skillet over medium-high heat and add the seeds. Stir occasionally until fragrant and brown, about 2-3 minutes. Pay close attention, as they can go from golden brown to burnt very quickly. Transfer to a small bowl to cool.
4. Meanwhile, add olive oil, herbs, toasted pumpkin seeds, garlic, lemon zest and juice, red pepper flakes, salt, pepper, and half of the grated parmesan to the blender with the cooked kale. Blend until smooth, scraping down the sides as necessary. If needed, add reserved pasta water 1-2 tablespoons at a time to smooth out the sauce.
5. When ready to serve, add the pesto sauce to the cooked pasta. Using a spatula, toss to coat evenly. Top with the remaining parmesan and enjoy!

Nutrition Facts

8 servings per container

Serving size 1 cup (120g)

Amount Per Serving

Calories 330

% Daily Value*

Total Fat 13g 17%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol <5mg 2%

Sodium 180mg 8%

Total Carbohydrate 45g 16%

Dietary Fiber 7g 25%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 3.5mg 20%

Potassium 480mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, WHEAT

Recipe adapted from New York Times "Kale Sauce Pasta Recipe," (09.25.22)



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