

Cooking Demo

Kale Pesto Pasta

Let your taste buds take a trip to Italy with this fresh pesto sauce. Typically, pesto is made with basil and pine nuts. This recipe gets a flavor boost with the addition of toasted walnuts and kale. Not only do these ingredients add flavor, they are nutrition super foods!



Servings

8

Serving Size

1 cup

Estimated cook time

15-20 minutes

Cost of recipe

\$3.60

Cost per serving

45¢

Nutrition Facts

Serving size: 1 cup

Calories 280

Total fat: 12 g

Saturated fat: 2 g

Monounsaturated fat: 5 g

Polyunsaturated fat: 1 g

Trans fat: 0 g

Cholesterol: 5 mg

Sodium: 133 mg

Potassium: 41 mg

Carbohydrate: 37 g

Fiber: 6 g

Protein: 9 g

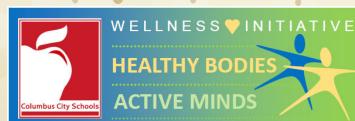
INGREDIENTS

- ½ bunch kale (about 2 large stocks, stems discarded)
- 14 ounces whole grain rotini pasta
- ¼ cup toasted walnuts
- 1 clove garlic, minced
- ½ cup parmesan cheese
- ¼ cup olive oil
- ½ teaspoon garlic salt
- 1 tablespoon lemon juice

DIRECTIONS

- Boil about 6 cups of water.
- Rinse the kale and rip the leafy parts off of the stems. Discard the stems. Add the kale to the boiling water and boil for about 5 minutes until tender.
- Remove the kale from the water (keep the water in the pot), and set in a strainer to drain.
- Add pasta to the boiling water and cook about 10 minutes until tender.
- Drain the pasta reserving about 1/3 cup of the water in the pot. Once drained, return the pasta to the pot with the reserved water.
- Squeeze the kale to drain any excess water.
- Add the kale, garlic, parmesan, garlic, garlic salt, and toasted walnuts to the food processor or blender.
- Pulse the blender and gradually add the olive oil until all ingredients are combined.
- Add the pesto to the pasta and toss to coat.
- Add lemon juice and stir.

Recipe from: www.bloglovin.com



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TIPS AND TRICKS

Discard the stem: the stem of kale is tough and fibrous and difficult to chew. When using kale, remove the stem with a knife or simply pull the leafy parts away from the stem.

Time saving tip: make a large batch of this pesto and freeze it. When you are crunched for time, pop it in the microwave to thaw and add it to some cooked pasta.

Make it a meal: add some grilled chicken, grilled salmon, or white beans to make this a more hardy meal.

Kale: what's so SUPER about it?

The almighty kale is a wonderful hearty green from the cruciferous vegetable group alongside broccoli, Brussels sprouts, arugula and collard greens. Everyone knows that kale is good for you, it has even been called a "superfood." But are you wondering what's so super about this leafy green? *Below are some of the reasons:*

Heart health: fiber, potassium, and antioxidants found in kale all support heart health.

Diabetes: the antioxidant alpha-lipoic acid found in kale has been shown to help lower glucose levels, increase insulin sensitivity, prevent damage to cells, and decrease neuropathy in people with diabetes.

Cancer fighting properties: kale is packed full of substances that are believed to have protective effects against cancer.

Vitamins and minerals galore: kale is an excellent source of Vitamin A, Vitamin C, and Vitamin K. Many minerals that most American's don't get enough of can be found in kale, including calcium, magnesium, and potassium.

Eye health: antioxidants found kale including lutein and zeaxanthin promote eye health.

More ways to enjoy kale:

Soups: add chopped fresh or frozen kale to vegetable or bean soups.

Veggie Sauté: sauté diced potato, acorn squash, mushrooms, and onion in a small amount of olive oil until tender. Add chopped kale and cook until wilted. Season with sage.

Meat and potatoes...plus! Cook sliced potatoes until almost tender. Add chopped kale and slice low-fat turkey sausage. Cook until kale is tender and sausage is cooked through.

A tasty substitution: substitute kale in a recipes that use spinach or collard greens.

Stir fry: add chopped kale to a stir fry.

Steamed and tangy: steam kale an season with lemon juice, olive oil, salt and pepper.

One-pot meal: sauté garlic and olive oil in a large pot. Braise kale in chicken or vegetable stock. Add cooked or canned white beans to make a delicious one-pot meal.

Quick kale salad: toss canned sliced beets with cooked fresh or frozen kale, 1-2 chopped green onions, and grated carrot top with low-fat balsamic vinaigrette.

With your favorite noodles: soba, fettuccini or rice noodles. Add chopped kale when pasta is about 5 minutes from being done. Season with a small amount of sesame oil, sesame seeds and salt.

Crispy kale: rinse kale and dry thoroughly. Drizzle with olive oil and salt. Bake at 350 until crispy (about 10-15 minutes).