



## SPAGHETTI WITH KALE PESTO

Makes 6 first course servings or 4 main course servings.

If you are fond of pesto made with basil, you may want to try this recipe for a change; it is definitely nutritious.

### INGREDIENTS

- 1 bunch kale, ½ pound
- 2 cloves garlic
- 2 tablespoons walnuts
- Lemon zest from 1 lemon
- ½ cup extra-virgin olive oil
- 2 tablespoons lemon juice, approximately
- Kosher salt
- Freshly ground black pepper
- ¼ cup grated imported Parmesan cheese, optional
- 1 pound imported spaghetti

### PREPARATION

1. Remove kale stems and ribs. Cut the rest into large pieces and place in a food processor with the garlic, walnuts, lemon zest, 1 teaspoon salt and pepper. Through the feed tube slowly pour the olive oil and the lemon juice. Process until smooth.
2. Transfer to a bowl.
3. In a large pot bring 3 quarts of water to a rolling boil. Add 2 tablespoons salt and the spaghetti.

4. Boil briskly, uncovered, for 8-10 minutes. The spaghetti should be al dente. Drain well and add to the bowl with the kale pesto.
5. Season to taste with lemon juice, salt and pepper. Toss with Parmesan cheese, if you like.
6. Before serving adjust the seasoning.