



**BeFit**

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## Kale Pesto Pasta

Adapted from Tejal Rao of *The New York Times*

¼ cup olive oil  
2 garlic cloves, thinly sliced  
12 ounces (¾ pound) fresh kale (1 to 2 bunches, depending on the size)  
½ pound dry (uncooked) pasta  
pinch chili flakes  
freshly ground black pepper  
¼ teaspoon kosher salt (more to taste, as needed)  
1 cup canned chickpeas, rinsed  
¾ cup grated pecorino or parmesan cheese

### **Instructions:**

Bring a large pot of water to a boil over high heat.

In a small skillet over medium-low heat, add the olive oil and garlic. Cook until the garlic turns light golden brown and fragrant (3 to 4 minutes), taking care not to burn it. Remove from heat and set aside.

Wash the kale leaves and run a knife down both sides of the thick stem on each leaf to remove the rib; discard ribs.

When the water boils, add the kale and cook until dark green and tender (4 to 5 minutes). Using tongs, pull the kale leaves out of the pot and place directly into a blender. Add the pasta to the still boiling water.

To the blender, add the garlic and oil, along with the chili flakes, black pepper, and salt. Blend until thick and fully pureed. Taste and add more salt or pepper, as needed.

When the pasta is fully cooked, scoop it out using a slotted spoon and place in a serving bowl. Add the chickpeas and toss with the kale sauce and cheese.

### **Notes:**

-Using a slotted spoon (rather than a colander) to drain the pasta carries a little water and helps create a sauce for the pasta.

-The sodium content of this recipe is based on ¼ teaspoon of salt. Adding additional salt, to taste, will increase the sodium.

**Yield:** 4 servings



### **NUTRITION INFORMATION PER SERVING:**

CALORIES: 510 calories

PROTEIN: 19 g

SODIUM: 560 mg

CARBOHYDRATE: 58 g

FIBER: 7 g

FAT: 24 g

SAT FAT: 5 g