

KALE PESTO PASTA

PREP TIME: 30 min
COOK TIME: 15 min
SERVINGS: 4
SERVING SIZE: 1 cup



INGREDIENTS

- 8 oz. whole wheat pasta, any shape
- 2-4 cups vegetables (broccoli, tomatoes, peppers, zucchini, etc.)
- Kale Pesto (1 recipe)

PESTO INGREDIENTS

- 1 cup kale, packed
- ¼ cup basil (optional)
- ¼ cup grated parmesan cheese
- ½ teaspoon minced garlic
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- ⅓ cup olive oil

DIRECTIONS

1. Cook pasta according to package directions. If using vegetables that need to be cooked, add to the boiling water with about 2 minutes of cooking time left.
2. Drain pasta and vegetables.
3. To make pesto: Tear kale leaves (and basil, if using) from their stems. Add to the food processor. Add parmesan cheese, garlic, lemon juice, salt and olive oil. Puree until pesto is smooth.
4. Chop any remaining vegetables. Toss pasta and vegetables with pesto in a large bowl.
5. Serve and enjoy!



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