

Kale Pesto Pasta with Walnuts – Alison Mountford

By Alison Mountford, contributing chef – for RINewsToday.com



INGREDIENTS

1 bunch kale

1/3 cup parmesan

1/4 cup walnuts

4 cloves garlic

1 lemon

1 package soba noodles

Bring a large pot of water to a boil.

Coarsely chop the kale, except for the very thick ends at the bottom (you can toss those out).

Plunge the kale into the water which is coming to a boil. Cook for about 30-60 seconds or until it's bright green.

Use tongs or a small strainer to transfer the kale directly into a blender.

Let the water continue boiling, then when the water is boiling, cook soba according to the package instructions.

To the blender, add the peeled garlic, walnuts, parmesan (all but a few tablespoons which you can reserve for garnish), and the lemon zest. Add 1/2 teaspoon of salt. Add about 1 Tablespoon of olive oil and blend.

If needed, scrape down the blender sides and keep blending.

While it's running, stream in the juice of the lemon, and another 2-4 Tablespoons of olive oil until it's smooth and you like the consistency.

Taste and add a pinch of salt if needed.

Toss drained soba generously with kale pesto.

Serve garnished with as much more parmesan as you like and maybe some walnuts.