

Spaghetti

with Kale and Spinach Pesto



Licking Memorial Hospital | Culinary Services

Spaghetti with Kale and Spinach Pesto (serves 4)

Ingredients:

- 1/2 pound dry spaghetti, cooked to box instructions
- 4 garlic cloves, peeled and minced
- 2 cups grape tomatoes, halved
- 1 tablespoon extra virgin olive oil
- 4 tablespoons ricotta cheese
- 5 to 6 springs of kale, center ribs removed
- 2 cups of spinach, packed
- 1/2 cup extra virgin olive oil
- 1/3 cup walnuts
- 1 garlic clove
- 1/4 cup parmesan cheese
- 1 lemon, juice and zest
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

For pesto:

1. Bring a large pot of water to a boil.
2. Drop kale into boiling water and cook for 45 seconds, then transfer to a bowl of ice water to cool rapidly.
3. Carefully transfer kale to a colander and drain well. Then, wrap tightly in a dry kitchen towel and squeeze thoroughly to remove excess moisture.
4. Roughly chop the leaves.
5. In a food processor, pulse together kale, spinach, nuts, garlic, salt, pepper, lemon juice, and lemon zest until smooth.
6. With the food processor running, slowly drizzle in the oil until fully incorporated.

For pasta:

1. Add olive oil to a large skillet over medium heat.
2. Add garlic and tomatoes and cook for 1 to 2 minutes, being careful to not brown the garlic.
3. Add spaghetti and 1/4 cup of water.
4. Reduce liquid by 3/4.
5. Lower heat to medium and add pesto, tossing continuously.
6. When pesto is heated through and incorporated, divide into 4 bowls.
7. Top each bowl with 1 tablespoon of ricotta cheese and serve.