

Kale Pesto with Fettuccine



Preparation Time: 15 minutes

Cook Time: 10 minutes

Servings: 4 to 6

Ingredients:

3 cloves garlic, peeled
4 cups chopped fresh kale (about 3 ounces, stems removed)
1 cup fresh basil leaves, tightly packed
1/4 cup pine nuts
1/4 cup grated parmesan cheese
1/4 cup extra virgin olive oil
Salt and pepper, to taste
1 pound dry fettuccine
Grated Parmesan and additional shredded kale, for garnish

Description:

In a food processor fitted with a metal blade and machine running, drop the garlic through the feed tube to mince. Stop the machine and remove lid. Add the kale, basil, pine nuts, and parmesan. Continue running the machine for about 20 seconds, scraping down the inside of the bowl. Add the olive oil in a stream through the feed tube and process for about 20 to 30 seconds, until the pesto is nearly smooth, but still has some texture. Taste the pesto, season with salt and pepper. Transfer pesto to a jar. (This makes about 1 cup of pesto.)

Cook the fettuccine according to package directions. Drain pasta, reserve 1/4 cup of the hot cooking water. Toss the fettuccine with about 1/2 cup of the pesto, adding the cooking water to loosen the mixture. Top with parmesan and shredded kale. Extra kale pesto can be stored (refrigerated) for 3 or 4 days.

Sara's Tip: This pasta dish is a versatile side that goes with just about any Alaska Seafood you make. Using kale instead of basil in this pesto amps up the nutrition to a powerful level with Vitamin C, K, calcium, fiber, folate, zinc and flavonoids. Flavonoids are potent antioxidants that have anti-inflammatory effects in the body. Kale also contains lutein & zeaxanthin for eye health. Combining the pesto with energy-rich carbohydrates – the best fuel for active lifestyles – makes this recipe a winner.