

Kale¹ Pesto Pasta

Ingredients:

- Lacinto Kale (“dino kale”). A whole head. Confirmed to also work with
 - Broccoli
 - Baby Kale
 - Baby Spinach
- Garlic. 1-2 cloves
- Pine nuts. 8oz. Can also substitute with
 - Cashews
 - Pistachios
- Basil. At least 6 large leaves for flavor, but you can do as much as you enjoy the flavor.
- Lemon. 1 whole one ideally
- Salt. Somewhere between $\frac{1}{3}$ and 1 whole tablespoon.
- Pepper. Somewhere between $\frac{1}{2}$ and 1 whole tablespoon.
- Olive oil. 1 tablespoon.
- Water. The sweet spot is somewhere between $\frac{1}{4}$ and $\frac{2}{3}$ cups but just have some on hand and add according to the consistency.

Equipment:

- Pot of water to boil
- Blender or large food processor
- Spatula

Set a pot of water on a burner and boil it.

Loosely chop kale.

Throw kale into the boiling water.

After about 5 minutes, remove from burner and drain kale.

Add kale to blender.

Lightly toast pine nuts in a cast iron pan. When golden brown, add to blender.

Crush clove of garlic. Add to blender.

Add basil, olive oil, salt, and pepper to blender.

Start blending. Add water intermittently until the consistency is that of cold cream cheese.

Move blender contents to bowl. With a spatula, mix in salt, pepper, and lemon.

¹ You can use pretty much any vegetable in this recipe. The key thing is creating a consistency that facilitates consumption with a pasta so the pesto coats each piece of pasta.