**VEGETARIAN RECIPE: KALE PESTO PASTA**

INGREDIENTS

* 12 oz. whole-wheat linguine
* 1/2 c. basil leaves
* 1 c. flat-leaf parsley leaves
* 1 bunch kale (about 1 lb), ribs removed and leaves roughly chopped
* 1/4 c. roasted unsalted almonds
* 2 cloves garlic, pressed
* 3 spoons of olive oil
* 1 spoon of lemon zest
* 2 spoons of lemon juice
* Kosher salt
* Grated Parmesan and red pepper flakes.

**DIRECTIONS**

1. Bring a pot of water to a boil. Add 2 spoons of salt, then pasta.
2. Make pesto: While pasta is in boiling water, place herbs in a small strainer and dip them into the water to wilt, then immediately transfer to a bowl of ice water. Add kale to the boiling water and cook 1 minute. Scoop out and transfer to bowl of ice water. Drain and squeeze out any excess liquid.
3. In a food processor, pulse almonds until chopped. Add garlic, oil, lemon zest and juice, and ½ spoons of salt. Add wilted herbs and kale and puree until smooth.
4. Reserve 1 cup cooking water, then drain pasta and return it to the pot. Add pesto and ½ cup cooking water and toss to coat, adding more cooking water as necessary. Serve topped with Parmesan and red pepper flakes.