



Garlic Parmesan Kale Pasta

INGREDIENTS

8 ozs. kale, stemmed and chopped
8 ozs. thin spaghetti noodles
2 tbsps. olive oil
2 tbsps. butter
2 cloves garlic, minced
1/4 cup grated Parmesan
Pinch salt and pepper
Pinch red pepper flakes (optional)

DIRECTIONS

1. Pull the kale leaves from the woody stems and tear them into small 1 to 2-inch pieces. Rinse the torn kale well in a colander under cool, running water and allow it to drain.
2. Bring a large pot of water to a boil. Break the pasta in half, add it to the boiling water, and cook until al dente (about 9 minutes). Drain the pasta in a colander.
3. While the pasta is cooking, add the olive oil, butter, and minced garlic to another large pot or skillet. Cook over medium heat for 1-2 minutes, or until the garlic is soft and fragrant. Add the kale and continue to sauté until the kale has wilted and has turned a deep green color (about 5-7 minutes). Turn the heat off.
4. Add the drained pasta to the pot with the sautéed kale. Toss the pasta and kale together. Allow them to cool to the point that steam is no longer rising from the pot. You want the pasta warm, but not hot enough to melt the Parmesan.
5. Season the pasta and kale with salt and freshly cracked pepper to your liking. Add the grated

Parmesan cheese and toss to coat. Add a pinch of red pepper flakes over top if desired.

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