



Nature's Secret Kale Sauce Pasta

A New Idea – Kale becomes the Sauce

4 ounces fresh kale leaves, thick ribs removed

Water as needed

1/4 teaspoon roasted garlic if desired

Salt; ground black pepper to taste

1 package (8 oz.) multicolor farfalle bowtie pasta, (see product note)

1 Tablespoon olive oil

1/4 cup grated Parmigiano-Reggiano cheese or as desired

Garnish: fresh kale greens

*Use organic ingredients if available

Fill large pasta pot with salted water over high heat; bring to a boil. Add kale leaves; cook until just tender, about 3 minutes. Remove leaves with tongs into a strainer. Set blanching water aside.

Place leaves and about 1/4 cup blanching water into blender or food processor. Add 2 to 4 more Tablespoons blanching water as needed to puree into a smooth sauce. The amount of water you will use varies with the fresh kale used.

Blend into thick green creamy puree; add roasted garlic if desired and season with salt and black pepper to taste. Set aside to stay warm.

Serving: Place pasta in boiling water in pasta pot; cook according to package directions. Drain water; toss pasta with olive oil. Serve pasta on serving dish; place sauce in center; sprinkle lightly with grated Parmesan cheese. Garnish platter with fresh kale if desired.

Alternate Serving: Place pasta in a bowl and serve sauce separately to spoon over the pasta. You might want to double the sauce recipe and save some for a later serving. Yield: serves 4

Recipe Inspired by: Chef Joshua McFadden

For More Information See:

[HTTPS://COOKING.NYTIMES.COM/RECIPES/1019134-KALE-SAUCE-PASTA](https://cooking.nytimes.com/recipes/1019134-kale-sauce-pasta)

About the Recipe: When I made this recipe, I thought this had to be inspired by Mother Nature. The antioxidant rich emerald kale explodes, releasing its bright green color to smother the pasta with garden goodness. We served it with natural vegetable flavored butterfly pasta that shouted out “healthy and farm fresh.”

How to Make Roasted Garlic:

1 head garlic
2-1/2 Tablespoons olive oil, divided

Preheat oven to 400 degree F.

Cut a thin slice off top; exposing cloves. Place garlic in center of aluminum foil square; drizzle 1/2 Tablespoon over exposed garlic cloves; wrap loosely in foil; place on baking pan. Bake in preheated 400 degree F oven for 30 minutes or softened. Remove from oven; unwrap foil; cool until can be handled. Press soft garlic from cloves into bowl; cover with 2 Tablespoons olive oil; set aside.

Sapori Antichi Pasta, Product Description:

Farfalline are little butterflies, and Sapori Antichi makes them as beautiful and full of color as the real thing. Farfalline offers tasty pasta that is fun, pretty, and all natural.

The pasta is made with select durum wheat semolina, slowly dried in a very low temperature. The **colors are not the result of food color, but of natural sources that provide both the color and flavor.** The 5 color pastas are made with various combinations of tomatoes, beets, spinach, turmeric and squid ink (nero di sepia).