

FARFALLE WITH KALE PESTO

(from the Bewitching Kitchen)

1 big bunch of kale, stems removed, leaves coarsely chopped

1/4 cup of walnuts, toasted

pinch of red pepper flakes

olive oil

squeeze of lemon juice

salt and pepper

1/4 to 1/3 cup yogurt

Bring a large pot of lightly salted water to boil. Drop the kale leaves and blanch them for a couple of minutes. Immediately drain, and rinse briefly in cold water. Drain well, then place in a salad spinner to dry the leaves as much as possible.

Add the toasted walnuts and red pepper flakes to the bowl of a food processor, and process for a few seconds. Add the blanched kale and process together with the nuts until a paste forms. Season with salt and pepper. Squeeze lemon juice all over. Close the processor, and add the olive oil as a stream. Once the oil is incorporated, stop to scrape the sides of the bowl, add yogurt and process until everything is smooth. Taste, adjust seasoning, and reserve.

Meanwhile, cook farfalle pasta until al dente, reserving some of the pasta cooking water. When the pasta is cooked, mix with the pesto, and add the reserved cooking water to thin the sauce, if necessary. Serve with plenty of parmigiano-reggiano cheese grated on top.