

WHOLE WHEAT SPAGHETTE WITH KALE

This vegetarian-friendly recipe from my favorite new Alice Water's cookbook: *In the Green Kitchen*, is both delicious and healthy...a great combination! I know I say this all the time, but this cookbook really is a must-have for your kitchen library.

Kale is a strong-flavored green that is both bitter and sweet and combined with garlic, dried chile flakes, and nutty wheat spaghetti, kale makes a bold and satisfying pasta dish.

-- Alice Waters

Ingredients:

- About 2 bunches of kale* (1-1/2 pounds)
- Salt
- 1 pound whole- wheat spaghetti
- 1/2 cup olive oil
- 1 large onion, peeled and thinly sliced
- A large pinch of dried chili flakes
- 4 garlic cloves, peeled and chopped
- Parmesan or Romano cheese

Directions:

1. Remove the tough stems from the kale leaves. Discard the stems, and coarsely chop the greens. Rinse the kale and drain. Bring a large pot of water to a boil, and season with a generous amount of salt. Add the spaghetti and cook until al dente, tender but still firm.
2. While the pasta cooks, heat a large, heavy saute pan over medium-high heat. Add about half the oil, the onion, chili , flakes, and a pinch of salt and cook, stirring occasionally, until the onion is tender and lightly colored, about 5 to 7 minutes. (If the onion begins to scorch, reduce the heat to medium.)
3. Add the kale and cook, stirring and tossing until the kale is wilted and tender, about 3 minutes. Add water to the pan if the greens are dry, and if the greens are on the sturdy side, cover the pan briefly to steam them. Add the garlic, season with salt, and cook for 3 minutes more. Take care that the garlic does not brown.
4. Drain the pasta when cooked, reserving some of the pasta water. Add the pasta to the saute pan and toss to combine. Loosen with a splash of the cooking water if needed, and taste for salt.
5. Transfer the pasta to a warm platter or serving bowls, and drizzle a tin stream of olive oil on top. Garnish with shavings of Parmesan or Romano cheese, and serve immediately.

**In place of kale you can use broccoli rabe, chard, beet greens or turnip greens.*

***Non-vegetarian variation: Use only 3 TBL of olive oil and add 1/4 pound pancetta to the pan before adding the onion. Cook the pancetta until it is lightly browned, but not crisp. Remove the pancetta from the pan and set aside. Continue the recipe as directed, and return the pancetta to the pan when you add the pasta.*