

Spaghetti Aglio e Olio w/ Greens



INGREDIENTS

- 12 oz spaghetti
- 1/2 - 1 c pasta water
- 1/4 c evo0
- 4 garlic cloves thinly sliced
- 1/4 tsp red pepper flakes
- 1 bunch kale, large stems removed and chopped
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp lemon juice
- 1/3 c chopped parsley
- parmesan cheese, for serving

INSTRUCTIONS

1. Prepare the pasta according to the box instructions for al dente pasta. Make sure you thoroughly salt the water. Make sure to reserve 1 c of the pasta water.
2. Heat the oil in a large skillet over medium heat. Add the garlic and red pepper flakes. Stir and cook until the garlic is lightly browned around the edges (around 1 minute). Add the kale, salt, pepper and cook tossing with tongs until the kale is wilted (around 1 minute).
3. Add the spaghetti and toss to combine. Add 1/2 c of the pasta water, lemon juice, and toss. If the pasta seems too dry, add the remaining 1/2 c of pasta water to create a light sauce.
4. Season to taste. Garnish with parsley and parmesan cheese

NOTE: You can sub kale with any type of greens for this recipe. (Chard, Chiji, Yukina, Spinach, Arugula.)