



Tuscan Pesto-Dressed Penne with Crispy Kale with Garlic and Broiled Tomato Crostini

READY IN



25 min.

SERVINGS



6

CALORIES



681 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 servings evoo
- 6 servings evoo for drizzling
- 1 cup basil leaves fresh packed (50 leaves)
- 0.5 cup flat-leaf parsley fresh packed
- 2 tablespoons thyme leaves fresh
- 2 cloves garlic
- 2 cloves garlic halved
- 1 bundle tuscan kale stemmed cut into large irregular shapes

- 6 servings kosher salt
- 6 servings kosher salt and pepper freshly ground
- 12.5 inch thick multi-grain batard
- 6 servings nutmeg freshly grated
- 0.3 cup parmigiano-reggiano generous grated (a handful)
- 0.3 cup pecorino cheese grated
- 0.3 cup pinenuts
- 4 plum tomatoes ripe halved
- 1 pound rigatoni rigate
- 0.3 cup walnuts chopped

Equipment

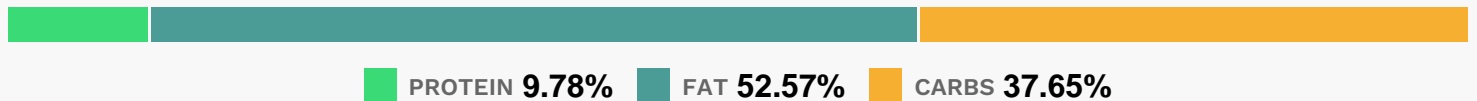
- food processor
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- broiler

Directions

- Place a rack in the center of the oven. Preheat the broiler.
- Cook the pasta in boiling salted water to al dente, 8 to 10 minutes. Heads up: reserve a mugful or about 1 1/2 cups starchy cooking water just before draining.
- Arrange the kale on a cooling rack over a baking sheet. Dress the kale lightly with EVOO and season with salt, pepper and a little nutmeg. Broil until crisp and charred at the edges, 3 to 5 minutes.
- Remove from the oven and reserve.
- Toast the nuts in a small skillet over medium heat until fragrant.

- Place the herbs in food processor and add the nuts. Then grate in the garlic, season with salt and pepper, and add cheeses and 1/2 cup EVOO. Pulse into a thick pesto sauce and adjust the seasoning.
- Transfer to a large serving bowl.
- Add 1 cup of the starchy water to the pesto. Toss the pasta and sauce to combine. If the pasta is dry, add the remaining 1/2 starchy water. Fold in half of the crispy kale and garnish with the remainder.
- Serve with Broiled Tomato Crostini.
- Heat the broiler.
- Arrange the tomatoes on a baking sheet and dress with the thyme, salt and pepper and drizzle with EVOO. Broil until charred at the edges, 10 minutes. Chop the tomatoes and reserve.
- Just before serving, char the toasts on each side, rub with the cut garlic, drizzle with EVOO and top the toast with the chopped, broiled tomatoes.

Nutrition Facts



Properties

Glycemic Index:88.78, Glycemic Load:25.43, Inflammation Score:-10, Nutrition Score:24.553478432738%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 10.86mg, Apigenin: 10.86mg, Apigenin: 10.86mg, Apigenin: 10.86mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 681.09kcal (34.05%), Fat: 40.24g (61.9%), Saturated Fat: 7.1g (44.4%), Carbohydrates: 64.85g (21.62%), Net Carbohydrates: 59.99g (21.81%), Sugar: 4.41g (4.9%), Cholesterol: 9.56mg (3.19%), Sodium: 579.23mg (25.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.68%), Vitamin K: 129.77µg (123.59%), Manganese: 1.72mg (85.78%), Selenium: 51.83µg (74.04%), Vitamin E: 5.03mg (33.56%), Phosphorus: 309.95mg (31%), Vitamin A: 1341.94IU (26.84%), Copper: 0.47mg (23.68%), Vitamin C: 19.27mg (23.36%), Magnesium: 88.8mg (22.2%), Calcium: 195.11mg (19.51%), Fiber: 4.86g (19.42%), Iron: 2.9mg (16.11%), Zinc: 2.24mg (14.94%), Vitamin B6: 0.24mg

(12.13%), Potassium: 420.21mg (12.01%), Vitamin B3: 2.29mg (11.46%), Vitamin B1: 0.17mg (11.01%), Folate: 43.58µg (10.9%), Vitamin B2: 0.15mg (8.81%), Vitamin B5: 0.54mg (5.45%), Vitamin B12: 0.13µg (2.15%)