

Fresh Greens and Pasta

- 1-2 bunches fresh kale or your favorite greens, chopped
- 1 medium onion, chopped
- 2-3 garlic cloves, diced or pressed
- ½ cup slivered almonds
- ½ cup olive oil
- 1 cup shredded parmesan cheese
- 16 oz linguine or your favorite pasta
- ¼ cup salt
- Cooking spray

Coat the slivered almonds in a little bit of cooking spray and toast or sauté over low heat until they are lightly browned. Set aside. Heat ½ cup olive oil over medium heat in a large frying pan and cook the onion until it is translucent – a few minutes. Add the garlic and cook a couple of minutes more. Toss in the kale and sauté to desired tenderness – 5-10 minutes. Meanwhile, boil water for the pasta, adding the ¼ cup salt to the water. Drain the pasta and return it to the pot. Toss in the kale mixture. Add the parmesan cheese and toss until cheese is melted. Finally, sprinkle the almonds and lightly toss.