



EAT MORE BURN MORE

BUTTERNUT SQUASH, MINI PENNE, & BLACK KALE PESTO



Active time: 20 minutes

Cook time: 45 minutes

Yield: 3 servings

INGREDIENTS:

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| 2 lbs butternut squash | Freshly squeezed lemon juice, to taste |
| ¼ cup extra virgin olive oil | Grated Parmesan cheese, for serving |
| 1 bunch of black kale, center ribs removed | Salt and pepper, to taste |
| 8 ounces whole grain mini penne | |
| ⅓ cup toasted pine nuts | |
| 2 large garlic cloves, roughly chopped | |

PREPARATION:

1. Preheat oven to 375°F. Peel the squash, half it lengthwise, and remove the seeds with a spoon.
2. Dice squash flesh into 1 inch pieces, place on a sheet pan, and toss with extra-virgin olive oil.
3. Season with salt and pepper, and bake until golden brown and tender, about 30 minutes.
4. In a skillet over medium-high heat, wilt the black kale with a drizzle of olive oil.
5. Bring water to a boil in a large pot. Cook the whole grain pasta according to the manufacturer's instructions, but keep the cooking time at its minimum to keep the pasta al dente.
6. Roughly chop the black kale leaves. In a food processor, pulse together kale, nuts, garlic, salt, pepper, and lemon juice until the mixture is smooth and the salt has dissolved. With the motor running, slowly drizzle in the oil until fully incorporated.
7. Drain pasta and rinse under hot water. Toss pasta with black kale pesto. Add cheese, more lemon juice, and salt to taste.
8. Serve topped with butternut squash.