

## PASTA KALE PESTO WITH BUTTER BEANS

1 box( 1 lb) of pasta of your choice

1/2 tbs salt

2 cans of 15 oz butter beans ( strained) and rinse with hot water. You can use the water from boiling pasta.

### PESTO

4 oz roasted walnuts

3 cloves garlic

6 oz washed kale, removed the hard stalks

3 oz fresh, washed basil ( just the leaves )

2 tbs miso paste

Zest from 1 lemon

Juice from 1/2 lemon ( 2 tbs)

2 tbs nutritional yeast.

1 tsp salt

1/4 tsp black pepper

1/4 olive oil

### FOR PASTA

Boil a big pot of water and add 1/2 tbs of salt.

Meanwhile prepare the pesto.

Using a food processor, first pulse the walnuts until they form into sand then add the rest of the ingredients except the oil. Put the lid on and turn the machine on.

Pour the oil through the feeder. The texture should be like a pate but not too smooth.

When the water is boiling cook the pasta according to the instructions on the box. When it is cooked save 1 cup of the pasta water aside and strain the pasta. Put the hot pasta in the big bowl together with the butter beans and mix it with the pesto. Add the saved pasta water to the pasta if needed.

Note : you can substitute the beans with garbanzo beans.