

Pasta turns over a new leaf with kale or chard

BY JULIAN ARMSTRONG, POSTMEDIA NEWS DECEMBER 1, 2011

Sustaining, healthy and cheap, this meatless supper dish from the new cookbook *Spilling the Beans* (Whitecap, \$29.95) is extra easy to make and should persuade newcomers to healthy leaf vegetables to give them a try. The authors of the book, Julie Van Rosendaal and Sue Duncan, both from Western Canada, have produced an excellent collection, using a variety of beans and grains.

SPAGHETTI WITH GARLIC, CHICKPEAS AND KALE OR CHARD

Makes: 4 servings

- 1/2 to 1 pound (250 to 500 g) spaghetti or other pasta
- 2 tablespoons (30 mL) canola or olive oil
- 1 tablespoon (15 mL) butter
- 1 large onion, chopped
- 2 cups (500 mL) cooked chickpeas, or 1 can (19 ounces/540 mL), rinsed, drained
- 1 bulb garlic, cloves peeled and chopped
- 1 large bunch kale, trimmed of tough ribs, coarsely chopped
- Juice of 1/2 lemon
- 1/4 cup (60 mL) grated Parmesan cheese
- Salt and freshly ground pepper

1. Bring a big pot of salted water to a boil and cook the spaghetti. Meanwhile, put oil in a large, heavy frying pan, add butter, and cook onion and chickpeas for about 10 minutes, until onion softens and starts to turn golden. Add garlic and cook another few minutes. Remove mixture to a bowl.
2. Meanwhile, add kale to the frying pan along with about 1/4 cup (60 mL) of the pasta water. Cover pan, lower heat to medium-low and cook for about 10 minutes, until kale is just tender. Drain spaghetti, reserving some of the cooking water.
3. Add spaghetti to kale mixture along with lemon juice and a few spoonfuls of the reserved pasta water. Toss to combine. Add chickpeas and grated cheese and toss again, adding more pasta water if desired. Season to taste with salt and pepper.

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