

Vegan Roasted Kale Pesto Pasta

Hosted by: Triton Eats Student

Adapted from: <https://www.rabbitandwolves.com/vegan-roasted-kale-pesto-pasta/>

Prep: 15 mins | Cook: 15 mins | Total: 30 mins

Yield: 4 servings

Ingredients:

- 5 cups kale, chopped
- 10 cloves garlic
- 1 tbsp olive oil
- 2 tbsp nutritional yeast
- ¼ cup vegetable broth
- ¼ cup walnuts
- Juice of ½ lemon
- ½ tsp salt
- Pinch of red pepper flakes
- 16 oz. pasta
- 4 vegan sausages, sliced
- Vegan parmesan for topping
- Salt and pepper to taste



Instructions

1. Preheat oven to 375 degrees.
2. In a large bowl, toss the chopped kale and garlic cloves with the olive oil and a few pinches of salt and pepper. Rub the olive oil all over the kale and massage it in to make sure the kale is all moist.
3. Pour the kale and garlic onto a baking sheet and bake at 375 degrees for about 8-10 minutes. The kale should be nice and soft. Remove from oven when done.
4. In the meantime, cook the pasta according to package instructions. Drain the pasta when done.
5. Slice and brown vegan sausage on each side in a nonstick pan while the pasta is cooking. Set aside.
6. Once the kale and garlic are done, add them to a blender or food processor. Then add the nutritional yeast, vegetable broth, walnuts, lemon juice, ½ tsp salt, and red pepper flakes. Blend until completely smooth, scraping down sides as needed.
7. Return the pasta to the pot, scoop the pesto into the pot and toss to coat the pasta. Taste and adjust seasoning. Add more salt or pepper if needed. Then add the sliced sausages. Serve with vegan parmesan on top.

Notes

If the pesto is too thick for your liking, add another tablespoon or so of vegetable broth.