

Simple Spaghetti with Kale, Lemon, and Garlic

Made with a few sprigs of leftover kale, great olive oil, and a touch of spice, this simple lunch for one is quick and reasonably healthy. Double or quadruple the recipe as needed, piling the extra kale on top at the end.

TIME: 15 minutes

MAKES: 1 lunch

Spaghetti for one (a bundle about the diameter of a dime)
2 tablespoons good extra virgin olive oil
5 sprigs lacinato kale (droopy kale is fine), very finely chopped
Pinch red pepper flakes
Salt and freshly ground pepper
1 large garlic clove, finely chopped
Juice of 1 lemon wedge
2 tablespoons grated Parmesan cheese

Cook the pasta *al dente* according to package directions.

When the pasta is almost done, heat the oil over medium heat in a large skillet. Add the kale, red pepper flakes to taste, and season with salt and pepper. Cook and stir for 3 or 4 minutes, until the kale starts to get a bit crisp. Add the garlic and cook, stirring, for another minute. Add drained pasta, lemon juice, and Parmesan cheese, and stir to combine. Serve immediately.