

Cavatappi (or other pasta) **with Kale and Italian Sausage**

Salt	2 links Italian Sausage (7 oz. or more)
1 bunch Tuscan kale	1 cup grape tomatoes, halves
1/4 cup extra virgin olive oil	8 oz. cavatappi or rotini pasta
2 cloves of garlic	Freshly cracked black pepper
2 tsp fresh lemon zest	

1. Put a big pot of water on to boil and salt it generously.
2. Strip the leaves of the kale from the stems. Discard the stems.
3. When the water boils, drop the kale leaves into the water and stir with tongs for ~ 60 seconds. Then remove kale to colander.
4. When cool, squeeze out the liquid and spread the kale on a clean towel. Roll the towel into a tube shape so the towel can absorb any remaining water. Let stand for ~ 5 minutes, then unroll and chop the kale into small, bite sized pieces.
5. In a large sauté pan, heat the olive oil over medium heat. Add garlic and stir. Then add the lemon zest. Stir for a minute or so until the garlic is fragrant but not brown.
6. Add the sausage pieces, grape tomatoes and 1 / 2 tsp salt. Raise the heat to medium high and stir until the tomatoes have shrunk and puckered slightly ~ 4 minutes.
7. Cook the pasta as directed, toss it with the pan contents and crack pepper into the mixture to taste.
8. Turn pasta over until it's coated and serve warm.

2 large or 4 small servings

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