



BKT Pasta Salad
Salem NH Farmers Market
Courtesy of laptop2tabletop.com

Pasta salad meets BLT. But we're replacing the L with some K. K for kale. On the July 11 episode of WMUR's Cook's Corner I wanted to show some different ways to hide, I mean use, kale during the summer.

Super simple, this salad can be eaten hot or cold.

What you need:

- 1/2 lb pasta (like orecchiette)
- 1/2 lb sliced bacon, cooked until crisp and chopped; reserve bacon fat
- 4 c thinly sliced dinosaur kale
- 1/4 c light mayonnaise
- 1/4 c yogurt
- 1 1/2 tsp Dijon mustard
- 2 garlic gloves, minced
- 8 cherry tomatoes, halved and roasted
- 1/2 red onion, diced
- Freshly ground sea salt and black pepper

What you do:

- Massage with sea salt, this helps to soften the leaves; set aside.
- Fry bacon and reserve fat in sauté pan, transferring bacon to paper-lined plate.
- Meanwhile, cook pasta according to package directions until just tender; drain, reserving about 1 c cooking water.
- Add kale to sauté pan.
- Cook until wilted, about 3 min.
- Set aside.
- Add pasta to kale and toss to mix.
- In lg bowl, whisk together mayonnaise, yogurt, mustard and garlic.
- Season with salt and pepper.
- Add pasta mixture and toss.
- Add some reserved pasta liquid until sauce coats pasta well.
- Add bacon, tomatoes and red onion.
- Toss and serve.