



A Nutrition Resource

KALE PASTA

Yield: 7 Servings | Serving Size: 1 1/4 cups

Cost/Serving: \$0.61

Ingredients:

- 2 Tablespoons extra virgin olive oil
- 1 Tablespoon + 1 teaspoon minced garlic (3 medium cloves)
- 2 medium bunches of kale, washed, with thicker part of stem removed
- 1 12-ounce package of whole wheat pasta (linguini or spaghetti)
- 1/4 cup parmesan cheese
- 1/4 teaspoon black pepper

Directions:

- 1) Tear washed and destemmed kale into bite-sized pieces.
- 2) Sauté oil, garlic, and kale on medium heat for about 5-8 minutes, uncovered, stirring frequently.
- 3) Boil pasta to al-dente, still slightly firm to bite.
- 4) Drain pasta, reserving pasta water.
- 5) Add cooked pasta to pan with garlic and kale add in 1 cup of pasta water.
- 6) Simmer on medium low for 10 minutes, stirring only occasionally.
- 7) Add black pepper and parmesan cheese just before serving.

Add in ideas: For a filling boost of fiber and protein, add 1 ½ cups of cooked chickpeas during the last 10 minutes of cooking. For spice, try adding red pepper flakes.

Nutrition Facts

7 servings per container
Serving size 1 1/4 Cups (77g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 38g	14%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 2mg	10%
Potassium 307mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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