

Fresh Pasta with Tomatoes & Kale

Inspired by cooking.nytimes.com/recipes

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 1 tablespoon olive or vegetable oil
- 2 garlic cloves, minced
- 1 (14-ounce) canned tomatoes with juice
- ½ pound kale; stemmed, washed and cut into thin ribbons
- Salt to taste
- 12 ounces pasta of choice
- *Optional:* 1 ounce (1/4 cup) shredded mozzarella or other cheese

Method:

1. Heat oil over medium heat in saucepan and add garlic, tomatoes, kale, and salt. Bring to simmer and cook, stirring often, until mixture is thick and fragrant (15 to 20 minutes). Remove from heat.
2. Cook pasta according to package instructions or in microwave*(see below) and drain. Toss with the tomato and kale mixture in pan. Add optional cheese and toss. Serve and enjoy!

* Microwave instructions for cooking pasta: In microwave safe bowl, add 1 cup pasta of choice. Add water to 2 inches above pasta. Place bowl on top of a plate and put it in the microwave. Add 3-4 minutes to suggested cooking time, cook. Check and add time if needed, or strain and use in recipe.

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