



A Nutrition Resource

KALE PASTA

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

Cost/Serving: \$0.78

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.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION