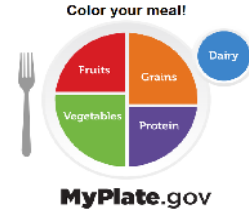




www.gcfb.org
(313) 923-3535

LENTILS AND KALE PASTA



Ingredients:

½ cup brown lentils

1 tsp garlic, minced

1½ cups canned crushed tomatoes

¼ tsp salt

½ tsp dried oregano

¼ cup walnuts, chopped

2 tbsp fresh parsley, for garnish

½ cup onion, chopped

2 cups dry whole wheat pasta

1 cup kale, chopped

⅛ tsp black pepper

½ tsp dried basil

1 tbsp oil

Directions:

1. Rinse lentils and remove any debris.
2. Heat oil in a large nonstick skillet over medium heat. Add onion and cook for 4 minutes. Add garlic and cook 1 minute.
3. To the pan add lentils, pasta, tomatoes, 2½ cups water, salt, pepper, oregano and basil. Stir to combine, cover with a lid and reduce heat to low. Set a timer for 18 min.
4. Add the kale and cook for another 4 minutes or until lentils are tender. Serve in a bowl and top evenly with chopped walnuts and parsley. Enjoy!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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