

Homekeepers Kitchen

Pasta - Mushroom & Kale



INGREDIENTS

Pasta and Mushroom and Kale

8 ounces rotini or penne (see Tip)

¼ cup extra-virgin olive oil

2 large cloves garlic, sliced

Pinch of crushed red pepper

8 cups chopped kale

8 ounces cremini mushrooms, quartered

½ teaspoon dried thyme

½ teaspoon salt

Grated Parmesan cheese for serving
(optional)

DIRECTIONS

Step 1

Cook pasta according to package directions. Reserve 1 cup of the cooking water, then drain.

Step 2

Meanwhile, heat oil in a large skillet over medium heat. Add garlic and crushed red pepper; cook, stirring once, until fragrant, about 1 minute. Add kale, mushrooms, thyme and salt; cook, stirring occasionally, until the vegetables are soft, about 5 minutes.

Step 3

Stir in the pasta and enough of the reserved water to coat; cook, stirring, until combined and hot, about 1 minute more. Serve topped with Parmesan, if desired.

Tip:

We chose chickpea pasta for this dish instead of whole-wheat because it's packed with tons of fiber, protein and nutrients—some brands provide more than 40% of your daily recommended fiber, plus 20 grams of protein per serving. Look for it with other gluten-free pastas.