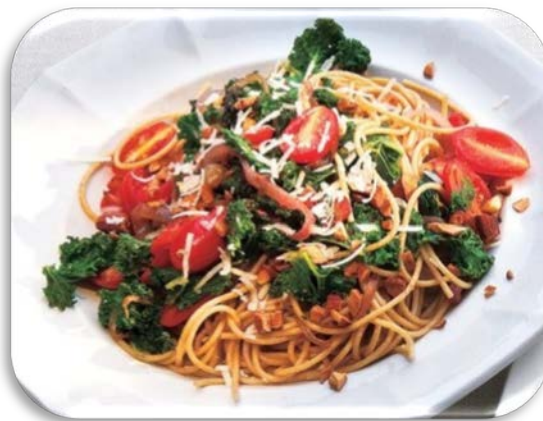


Recipe of the Week

August 28, 2018



Whole-grain spaghetti with kale and tomatoes

A healthier take on a classic. This pasta dish features healthy, whole-grain pasta along with kale and tomatoes to give those veggie-cravers a reprieve. In just four easy steps, you'll be eating a delicious (and healthful) meal!

Ingredients

- 6 ounces whole-grain spaghetti
- 2 tablespoons olive oil
- 1 medium red onion, thinly sliced
- 2 cloves garlic, chopped
- Kosher salt and black pepper
- 1 bunch kale, with stems removed and torn into bit-size pieces
- 2 pints grape tomatoes, halved
- 1/3 cup chopped roasted almonds
- 1/4 cup grated pecorino (1 ounce), plus more for serving

Directions

1. Cook the spaghetti according to package directions. Reserve 1/4 cup of the cooking water, and drain the pasta—returning it to the pot afterwards.
2. Meanwhile, put the oil in a large skillet over medium-high heat. Add the onion, garlic, 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook, stirring occasionally, until beginning to brown (4-5 minutes).
3. Add the kale and cook, tossing frequently until tender (2-3 minutes). Add the tomatoes and toss more until tomatoes soften (1-2 minutes more).
4. Add the kale, almonds, pecorino and reserved cooking water to the pasta and toss to combine. Serve with additional pecorino.

Recipe adapted from Real Simple