

PORTOBELLO MUSHROOM & KALE PASTA

INGREDIENTS

- 2 C Kale- torn or chopped into 1-2" pieces
- 2 Mushrooms (portobello) (medium), cut into 1" cubes
- 1 head Garlic (cloves separated & peeled)
- 1 Onion (medium) (sliced)
- 1 Italian seasoning
- 1 t Sea salt
- 1 t Black pepper (ground)
- 2 t Olive oil
- 2 Tomatoes (medium - large) (sliced) (oven dried) (see recipe below)
- 14 oz Penne pasta



DIRECTIONS

- 1 Pre-heat oven to 375 F
- 2 In a large bowl toss kale, mushrooms, garlic, onion, Italian seasoning, salt, pepper & oil together
- 3 Lightly spray a sheet pan with nonstick oil spray
- 4 Spread vegetable mixture in a single layer on sheet pan
- 5 Bake for about 40 minutes until kale has started to crisp & onions begin caramelizing
- 6 While vegetables are roasting in oven, cook pasta according to the package instructions
- 7 Once vegetables are roasted, remove from oven & cool for 5 minutes
- 8 In a large bowl toss together pasta, roasted vegetables & oven dried tomatoes
- 9 Serve with a drizzle of high quality olive oil **OR** toss with a fresh pesto

OVEN DRIED TOMATO DIRECTIONS

- 1 Cut tomatoes in half
- 2 Gently squeeze tomato halves over sink, removing seeds & juice
- 3 Slice halves in ½ inch slices
- 4 Spray baking pan with nonstick oil spray OR line with parchment paper
- 5 Spread tomato slices across pan in a single layer
- 6 Sprinkle with salt, pepper & a pinch of thyme
- 7 Bake at 225 F for 2-3 hours until dry but not crisp

