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Prevent and Protect
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WHOLE-GRAIN SPAGHETTI WITH GARLICKY KALE AND TOMATOES

(REALSIMPLE.COM) Serves 4

- 6 ounces whole-grain spaghetti
- 2 tablespoons olive oil
- 1 medium red onion, thinly sliced
- 2 cloves of garlic, chopped
- Kosher salt and black pepper
- 1 bunch kale, thick stems removed and leaves torn into bite-size pieces (about 8 cups)
- 2 pints grape tomatoes, halved
- 1/3 cup chopped roasted almonds
- 1/4 cup grated pecorino (1 ounce), plus more for serving

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