



# Weeknight Kale + Goat Cheese Pasta

A NUTRIENT-PACKED BOWL THAT'S FAST + KID-FRIENDLY

- 1 lb (450 g) dry penne or rigatoni (try whole wheat or gluten-free!)
- 3 tbsp extra-virgin olive oil
- 2 tbsp unsalted butter
- 3-4 cloves garlic, finely sliced
- 1 medium yellow onion, minced
- 1 large bunch lacinato/dinosaur kale, tough stems removed, chopped
- 1 cup (6 oz) goat cheese, crumbled
- 1 cup parmesan cheese, grated
- sea salt + black pepper

- 1 Bring a large pot of water to boil. Salt very well. Cook pasta according to package directions.
- 2 Meanwhile, heat oil + butter in large skillet over medium. Add garlic and onion; sauté 2-3 min. until softened.
- 3 When pasta is almost cooked, add kale to skillet + stir constantly until just starting to wilt. Don't overcook.
- 4 Drain pasta, then return to the pot (off heat). Add greens mixture, goat cheese + Parmesan. Stir to combine. Season if needed. Serve warm.



ADD BACON OR LEFTOVER CHICKEN BREAST TO UP THE TEXTURE + PROTEIN!