

*Making it delicious*

# Cheesy Kale Pasta

THE  
*Open*  
Door

## Ingredients:

Serves 8

- 1 lb. short pasta
- 2 tsp. salt
- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 1 bunch kale
- 1 1/2 cups cheddar cheese, shredded
- 1/4 cup breadcrumbs
- 1/4 cup parmesan cheese



*Recipe adapted from: VT Feed Farm to School Cookbook*

## Instructions:

- Wash the kale. Remove the thick stems, then cut or tear the leaves into 1/2 inch pieces.
- Heat 1 Tbsp. of olive oil in a pan over medium-low heat. Add the onion and cook, stirring occasionally, until golden brown and nearly “melted”, up to 30 minutes.
- Bring 2 quarts water to boil with 1 tsp. salt. Add the pasta and cook until just tender, about 8 minutes. Drain into a colander, rinse under cold water, and return to the pot with 1 Tbsp. oil.
- Preheat the oven to 375 F.
- Working in batches, add the chopped kale to the onions. Stir and toss the kale until it wilts and shrinks before adding more. Stir in 1 tsp. salt. Cook over medium heat, stirring and tossing, until the kale is wilted and tender but still bright green, 5 to 7 minutes. Transfer to a large bowl and let cool.
- Coat a casserole dish with oil or butter.
- Add the pasta to the bowl with the onions and kale. Mix in the cheddar cheese, and transfer the mixture into the baking dish.
- Mix the breadcrumbs and parmesan; sprinkle evenly over the pasta mixture.
- Bake until golden brown and heated through, 20-25 minutes.

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