

CO-OP MEALS
Dinner in 30

Creamy kale pasta and salad

Serves 4

Shopping List:

- 1 package RP's black bean penne pasta
- 16.5 ounce bottle McNamara cream
- 1 lemon
- 1 bag Killdeer Farm local kale
- 4-8 sprigs fresh dill, to taste
- 4 ounces Ducktrap smoked salmon
- 1/2 cup freshly grated parmesan cheese
- 2 tablespoons cooking oil of your choice
- 2 tablespoons olive oil

Prep:

Wash and destem kale (see hints). Chop stems into 1-inch sections and set aside. Roughly chop leaves.

Zest and juice the lemon. Grate cheese and chop salmon into small pieces.

Cook:

Place half the kale leaves into a large bowl. Add lemon juice and massage with hands for a minute or so. Add olive oil and rub kale for an additional 30 seconds.

Cook pasta according to package instructions until al dente.

Meanwhile, place oil in a skillet over medium-low heat. Once hot, add kale stems and cook for 3-5 minutes. Add the rest of the kale leaves in batches, stirring frequently to wilt and make space. Cook 5-6 minutes, until both leaves and stems are soft. Remove from heat.

While the kale and pasta are cooking, add cream to a 12-inch skillet or medium sauce pot. Bring to a boil, then reduce to simmer and cook until reduced by half and thickened. Add lemon zest, parmesan cheese, fresh dill and cooked salmon. Heat on low, stirring until cheese melts and salmon is warm.

Add pasta to sauce, stir to combine.

Serve:

Add salad toppings to taste. Use additional dill, salt, pepper, and parmesan cheese on top of pasta as desired.

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

Recipe credited to Foodiecrush, original found here:
www.foodiecrush.com/creamy-pasta-salmon-asparagus

• Use this recipe in your batch cooking:

1. Cook a salmon dinner on evening #1 (with 0.5-1.0 pounds extra)
2. Make this recipe on evening #2 with the leftover salmon instead of smoked salmon

• Optional substitutions for kale:

Spinach, asparagus, broccoli, or any other fresh or frozen vegetables of your choosing!

• Visit our website for how-to videos on destemming kale and other techniques:

<http://coopnews.coop/category/nutrition/>



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