

HEALTHIER TRADITIONS COOKBOOK™

quick & easy



MUSHROOM Pasta

PREP 5 min

COOK 10 min

Ingredients

8 ounces legume-based pasta (such as chickpea penne or red lentil rotini) 3 tablespoons extra virgin olive oil, divided

2 cloves garlic, minced 8 ounces maitake mushrooms 2 cups chopped kale 1 teaspoon fine sea salt 1⁄4 teaspoon ground black pepper 1/2 teaspoon red pepper flakes 2 teaspoons lemon zest 1 tablespoon rosemary, chopped 1/2 cup chopped walnuts

Boil a large pot of water and cook pasta according to package instructions. After draining cooked pasta, drizzle with 1 tablespoon olive oil and toss to prevent sticking.

2

3

4

Nutrition Facts: 409 calories, 23g fat, 2g saturated fat, 297mg sodium, 42g carbohydrate, 11g fiber, 7g sugar, 19g protein



TOTAL 15 min

YIELD **4** servings

Directions

In a separate small pan, heat 1 tablespoon olive oil over medium heat. Add garlic and cook for about 30 seconds. Add mushrooms and cook for about 2 minutes. Add kale, toss to combine, and cook about 3 more minutes or until wilted.

Add salt, black pepper, red pepper, and lemon zest to pan with vegetables, stirring to combine.

When pasta has finished cooking, drain and add to pan with vegetables. Drizzle with remaining 1 tablespoon of olive oil and top with chopped rosemary and walnuts. Serve warm.