

## Healthy Recipe of the Month: December 2022

Recipe from Food and Nutrition at [foodandnutrition.org](http://foodandnutrition.org), Recipe from Melissa Altman-Traub, MS, RDN, LDN

### Savory Penne with Lentils and Kale



#### Ingredients

½ cup brown lentils  
1 tablespoon (15 milliliters) light olive oil  
½ cup onion, chopped  
1 teaspoon garlic, minced  
2 cups dry whole-wheat penne pasta  
1 ½ cups (360 milliliters) canned crushed tomatoes  
¼ teaspoon salt  
1/8 teaspoon black pepper  
½ teaspoon dried oregano  
½ teaspoon dried basil  
1 cup frozen kale, chopped  
¼ cup walnuts, chopped  
2 tablespoons fresh parsley, for garnish

Servings: 6

Serving Size: 1 ¼ cup

#### Instructions:

1. Rinse lentils in a fine mesh strainer and remove any debris.
2. Heat olive oil in a large nonstick skillet over medium heat for 1 minute. Add onions and cook 4 minutes, stirring occasionally. Add garlic and cook 1 minute, stirring constantly.
3. To the pan, add lentils, pasta, crushed tomatoes, 2 ½ cups (600 milliliters) water, salt, black pepper, oregano, and basil. Stir to combine, then cover with a lid and reduce heat to low. Set a timer for 18 minutes.
4. After the timer goes off, lift the lid and place the frozen kale on top of the mixture. Replace the lid and cook for another 4 minutes, or until the lentils are tender.
5. Serve in bowls and top evenly with chopped walnuts and parsley.

#### Nutrition Information:

1 serving: 217 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 212mg sodium, 35g carbohydrate, 7g fiber, 5g sugar, 9g protein, 442mg potassium, 188mg phosphorus