

# ORECCHIETTE PASTA BAKE

SUPERFOOD

Portion: 2 cups Yields: 10

*Orecchiette pasta with fennel spiced ricotta cheese and kale*



CALORIES (kcal): 410

PROTEIN (g): 19

CARBOHYDRATE (g): 46

TOTAL FAT (g): 16

SODIUM (mg): 270

SAT FAT (g): 8

DIETARY FIBER (g): 5

## INGREDIENTS:

1 lb	Orecchiette Pasta, Dry	1/4 cup	Parsley, Fresh, Chopped
12 oz	Kale, Fresh, Chopped	1 cup	Tomatoes, Diced in Juice, No Added Salt, Canned, Drained
2 tbsp	Minced Garlic Cloves, Fresh	1/2 cup	Parmesan Cheese, Shredded
1/8 tsp	Kosher Salt	1/4 tsp	Kosher Salt
1/8 tsp	Ground Black Pepper	1/8 tsp	Ground Black Pepper
2 tbsp	Olive Oil, Canola Blend	1/4 cup	Parmesan Cheese, Shredded
1-1/2 tbsp	Fennel Seed	1 tbsp	Olive Oil
1 lb, 8 oz	Ricotta Cheese, Whole Milk		
1 tbsp	Crushed Red Pepper		

## METHOD:

Cook pasta in rapidly boiling water until al dente. Stir often so the pasta does not stick. Drain and rinse with cold water. Set aside. Heat oil in a hot skillet and add kale. Cook for 1 minute and add the garlic. Cook until kale is wilted and tender. Season with salt and black pepper. Add to the cooked pasta and toss well; ensure that cooked kale is well distributed.

Toast fennel seeds in a dry hot skillet until fragrant. Lightly crush. Mix ricotta cheese, fennel, crushed red pepper, fresh parsley, diced tomatoes, parmesan cheese, salt and black pepper. Add to the pasta.

Lightly spread olive oil inside baking pan. Place pasta mixed with vegetables and ricotta cheese into pan. Top with additional parmesan cheese. Bake in a preheated 350°F oven until bubbly and hot, about 30 to 40 minutes.