

Kale Puttanesca




Rated: ★★★★★

Submitted By: Misha

Photo By: JenniferC

Prep Time: 25 Minutes

Cook Time: 15 Minutes

Ready In: 40 Minutes

Servings: 4

"Whole wheat angel hair pasta and chopped kale receive the puttanesca treatment of capers, anchovies, and caramelized onions."

INGREDIENTS:

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| 1/2 (16 ounce) package whole-wheat angel hair pasta | drained and quartered |
| 2 tablespoons olive oil | 1 cup canned diced tomatoes, undrained |
| 1/2 large onion, sliced | 2 cups coarsely chopped kale |
| 2 cloves garlic, minced | 1 (4 ounce) can sliced black olives, drained |
| 1 teaspoon red pepper flakes | 1/2 cup grated Parmesan cheese, or to taste |
| 1 tablespoon drained capers | |
| 1 (2 ounce) can anchovy fillets, | |

DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Meanwhile, heat olive oil in a large skillet over medium-high heat. Add onions, garlic, and red pepper flakes. Cook and stir until the onion has softened and begun to turn golden brown, about 5 minutes. Stir in capers, anchovy fillets, and diced tomatoes, and bring to a simmer. Stir in kale, and simmer over medium-low heat until wilted and tender, about 10 minutes.
3. Once the pasta has cooked and been drained, stir into the puttanesca along with the black olives. Toss and sprinkle with grated Parmesan cheese before serving.

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