



## One Dish Mac & Cheese with Tomatoes & Kale

🕒 45 minutes 🍴 6 servings

### Directions

**1** Dice onions and mince garlic; set aside. Heat a large sauté pan over medium heat. Once hot, add oil, onions, and garlic. Cook until onion is translucent and garlic is fragrant, 8-10 minutes, stirring every few minutes to ensure even cooking.

**2** Meanwhile, strip kale leaves from stems and roughly chop. Add to sauté pan with onions and cook until kale shrinks to about half of its original volume.

**3** While kale cooks, dice tomatoes and add to pan as they are prepared. Note: when tomatoes aren't in season, use canned diced tomatoes; include liquid from can when adding.

**4** Add water, milk, and salt to pan with vegetables. Stir to distribute vegetables and cover with lid. Turn heat to high and bring to a boil.

**5** Once liquid is boiling, add pasta to pan with water and vegetables, stirring to distribute evenly. Make sure pasta is fully submerged in liquid, then reduce heat and cover; simmer until pasta is fully cooked, about 10-13 minutes.

**6** While pasta cooks, coarsely chop fresh basil leaves and set aside.

**7** Once pasta is cooked, remove from heat and add Greek yogurt, shredded cheddar, and feta cheese crumbles to pasta; stir to combine. Stir in chopped basil just before serving.

### Ingredients

- 1 White or yellow onion (medium, diced)
- 4 clove Garlic (minced)
- 2 tbsp Extra virgin olive oil
- 8 cup Kale leaves (1 large leaf = approximately 1 cup)
- 4 Tomato (medium, diced; 2 medium = 14.5 oz can diced tomatoes)
- 1 cup Water
- 2 cup Whole milk
- 1/2 tsp Salt
- 4 cup Whole grain penne (uncooked; sub gluten-free pasta for Celiac-friendly)
- 1/2 cup Plain greek yogurt
- 2 cup Shredded cheddar cheese
- 1/2 cup Feta cheese
- 1/4 cup Basil leaves

### Nutrition (estimate per serving)

|               |          |           |        |
|---------------|----------|-----------|--------|
| Calories      | 622 kcal | Fat       | 25 g   |
| Carbohydrates | 64 g     | Protein   | 28 g   |
| Fiber         | 7 g      | Sugar     | 10 g   |
| Cholesterol   | 59 mg    | Sodium    | 679 mg |
| Vitamin A     | 10223 IU | Vitamin C | 97 mg  |
| Calcium       | 708 mg   | Iron      | 3 mg   |

With the other hand, pinch stem loosely at the base with thumb and forefinger and slide down the stem to strip leaves off. Discard tough stem and tear leaves into 1-inch pieces. Stack leaves into a pile and coarsely chop. Stack again, turn pile of leaves a quarter-turn, and chop again. Repeat this process until pieces are about 1/2-inch in size.

**Dice tomatoes** using very sharp or serrated knife, slice into 1/4-inch slices lengthwise. Lay slices flat, then slice into 1/4-inch wide strips. Turn a quarter-turn and slice perpendicular to dice.

### Notes

#### Total Time: 45-50 min

Prep time: 30-35 min | Cook time: 10-15 min

#### Serving Size

2 cups

**Pro Tip** use dried basil and canned tomatoes if fresh aren't available. However, fresh is best and will greatly enhance the flavor of this recipe.

#### Cooking Equipment

Cutting board | Chef's knife | Large sauté pan

#### Leftovers

Refrigerate in airtight container up to 5 days. Do not freeze.

**Dice onion** trim top and base off onion, then peel tough outer layers (usually top 1—2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.

**Mince garlic** smash garlic clove: place flat edge of chef's knife on top of clove and press firmly with palm of the hand; remove papery skin. Cut clove into very thin slices. Stack slices and cut into very thin matchsticks. Turn a quarter-turn and mince finely.

**Chop kale** hold kale leaf with stem-side up by the base of fibrous stem in one hand.

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