



## Pasta with Lentils and Kale

 Very Healthy  Popular

READY IN



1500 min.

SERVINGS



4

CALORIES



766 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup green lentils french (small)
- ☐ 0.8 pound kale (preferably Tuscan; sometimes labeled "lacinato")
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 2 cups onion finely chopped
- ☐ 4 servings accompaniments: bread-crumb topping and/or parmigiano-reggiano grated toasted
- ☐ 0.8 teaspoon salt
- ☐ 0.8 pound .5 oz. macaroni dried

- ☐ 2 cups water

## Equipment

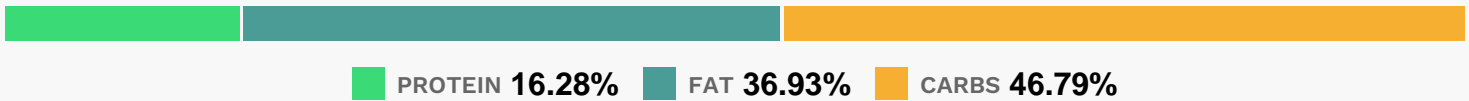
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ ziploc bags
- ☐ tongs
- ☐ colander

## Directions

- ☐ Simmer lentils in water (2 cups) with 1/4 teaspoon salt in a 1- to 1 1/2-quart saucepan, uncovered, adding more water if necessary to keep lentils barely covered, until tender but not falling apart, 20 to 25 minutes.
- ☐ Remove from heat and season with salt.
- ☐ While lentils simmer, heat 1/4 cup oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion with pepper and remaining 1/2 teaspoon salt, stirring, 1 minute. Reduce heat to low and cook, covered, stirring occasionally, until onions are soft and golden (stir more frequently toward end of cooking), about 20 minutes.
- ☐ Remove lid and increase heat to moderate, then cook, stirring frequently, until onion is golden brown, 5 to 10 minutes more.
- ☐ While onion cooks, cut out and discard stems and center ribs from kale. Cook kale in a 6- to 8-quart pot of boiling salted water, uncovered, stirring occasionally, until just tender, 5 to 8 minutes.
- ☐ Transfer kale with tongs to a colander to drain, pressing lightly. Keep pot of water at a boil, covered.
- ☐ Coarsely chop kale and add to onion along with lentils (including lentil-cooking liquid), then simmer, stirring, 1 minute. Season with salt and pepper.
- ☐ Add pasta to kale-cooking liquid and boil, uncovered, until al dente. Reserve about 1 cup pasta-cooking liquid, then drain pasta in a colander.

- ☐ Add pasta to lentil mixture along with about 1/3 cup of pasta-cooking liquid (or enough to keep pasta moist) and cook over high heat, tossing, 1 minute. Season with salt and pepper and drizzle with remaining 2 tablespoons oil.
- ☐ Cooks' Notes
- ☐ ·Lentils and onions can be cooked up to 5 days ahead and chilled, uncovered, until completely cooled, then covered. Reheat over low heat, thinning with water as necessary.·Kale can be washed and trimmed 1 day ahead and chilled in a sealed plastic bag lined with dampened paper towels.

Nutrition Facts



Properties

Glycemic Index:35.65, Glycemic Load:3.76, Inflammation Score:-10, Nutrition Score:42.756087054377%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 24.08mg, Isorhamnetin: 24.08mg, Isorhamnetin: 24.08mg, Isorhamnetin: 24.08mg Kaempferol: 40.32mg, Kaempferol: 40.32mg, Kaempferol: 40.32mg, Kaempferol: 40.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 35.44mg, Quercetin: 35.44mg, Quercetin: 35.44mg, Quercetin: 35.44mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 765.57kcal (38.28%), Fat: 31.64g (48.68%), Saturated Fat: 8.28g (51.75%), Carbohydrates: 90.2g (30.07%), Net Carbohydrates: 75.28g (27.38%), Sugar: 7.07g (7.86%), Cholesterol: 20.4mg (6.8%), Sodium: 977.81mg (42.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.38g (62.77%), Vitamin K: 346.65µg (330.14%), Vitamin A: 8742.3IU (174.85%), Vitamin C: 86.41mg (104.74%), Selenium: 63.67µg (90.95%), Manganese: 1.79mg (89.29%), Calcium: 625.51mg (62.55%), Fiber: 14.92g (59.68%), Phosphorus: 547.36mg (54.74%), Folate: 200.32µg (50.08%), Magnesium: 125.03mg (31.26%), Vitamin B2: 0.52mg (30.48%), Vitamin B1: 0.43mg (28.72%), Iron: 4.82mg (26.8%), Vitamin E: 3.88mg (25.87%), Vitamin B6: 0.5mg (24.95%), Potassium: 861.19mg (24.61%), Zinc: 3.65mg (24.36%), Copper: 0.48mg (23.86%), Vitamin B3: 3.25mg (16.25%), Vitamin B5: 1.19mg (11.94%), Vitamin B12: 0.36µg (6%)