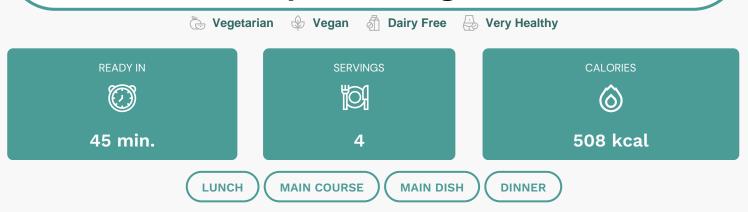


Saltie Sandwich Shop's Late-Summer Roasted Tomato Soup with Fregola and Kale



Ingredients

2 cups couscous (or substitute Israeli cous cous, farro, or another grain)
6 leaves sage fresh
12 cloves garlic sliced
1 bunch kale
4 servings olive oil extra virgin extra-virgin as needed
12 roma tomatoes cored cut in half lengthwise
6 sprigs rosemary

	4 servings salt to taste	
Eq	uipment	
	bowl	
	baking sheet	
	oven	
	pot	
Directions		
	Preheat the oven to 400 degrees Fahrenheit.	
	Arrange the tomatoes skin-side down on a baking sheet and drizzle evenly with olive oil (leave plenty of room to allow them to caramelize). Season generously with salt and roast until concentrated and charring a little on the edges, about 30 minutes.	
	Meanwhile, boil the fregola (or substitute) in salted water until al dente, then drain and toss with a little more oil to keep it from sticking.	
	In the bottom of a large heavy soup pot, heat 3 tablespoons of olive oil over medium heat until shimming.	
	Add the garlic and cook until golden, about 3 minutes, then add the rosemary and sage (they will sizzle) and cook until fragrant, about a minute longer. Stir in the roasted tomatoes along with 4 cups of water and bring to a simmer.	
	Add the kale and season to taste with salt. Simmer until the kale is tender, about 10 minutes, then add the cooked fregola. Laddle into bowls, sprinkle with sea salt, and serve with a drizzle of olive oil.	
	Nutrition Facts	
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	PROTEIN 11.12% FAT 27.26% CARBS 61.62%	
Properties		

Glycemic Index:58.75, Glycemic Load:43.52, Inflammation Score:-10, Nutrition Score:26.723912943964%

Flavonoids

Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.02mg, Luteolin: 0.02mg, Luteo

Nutrients (% of daily need)

Calories: 507.85kcal (25.39%), Fat: 15.48g (23.82%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 78.73g (26.24%), Net Carbohydrates: 70.59g (25.67%), Sugar: 5.24g (5.82%), Cholesterol: Omg (0%), Sodium: 230.85mg (10.04%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 14.21g (28.41%), Vitamin K: 150.02µg (142.88%), Vitamin A: 4801.63IU (96.03%), Vitamin C: 58.74mg (71.2%), Manganese: 1.26mg (63.04%), Fiber: 8.15g (32.59%), Copper: 0.55mg (27.65%), Vitamin B3: 4.57mg (22.86%), Phosphorus: 223.46mg (22.35%), Vitamin E: 3.24mg (21.61%), Potassium: 735.47mg (21.01%), Vitamin B6: 0.41mg (20.3%), Magnesium: 71.93mg (17.98%), Vitamin B1: 0.27mg (17.7%), Folate: 66.08µg (16.52%), Calcium: 140.78mg (14.08%), Vitamin B2: 0.23mg (13.31%), Vitamin B5: 1.32mg (13.24%), Iron: 2.24mg (12.45%), Zinc: 1.27mg (8.48%), Selenium: 1.58µg (2.25%)