

# Crispy Roasted Kalette Pasta

Makes 4 to 6 servings

This simple dish is a delicious and familiar way to have your child try nutrient-packed kalettes, which are a cross between kale and brussels sprouts. Your child can help by cutting the tomatoes and topping the pasta with the cheese.

## Ingredients

- ½ pound kalettes, cut in half lengthwise
- 1 pint cherry or grape tomatoes, cut in half
- 2 tablespoons olive oil
- ½ teaspoon black pepper
- 8 ounces (½ package) short whole wheat pasta, like penne, fusilli, or mini shells
- 2 garlic cloves, peeled and finely chopped
- ¼ teaspoon red pepper flakes (optional)
- ¼ teaspoon dried oregano
- 1 15-ounce can white beans or chickpeas (no salt added), drained and rinsed
- 2 tablespoons lemon juice
- 10 to 12 kalamata or other black, pitted olives, cut in half (optional)
- ¼ cup grated parmesan cheese (optional)



Photo: Happy Veggie Kitchen

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## Directions

1. Heat the oven to 375 degrees F. On a large sheet pan, mix the kalettes and tomatoes with 1 tablespoon olive oil, ½ teaspoon salt, and pepper. Bake until the kalettes are tender and leaves are lightly browned, 10 to 12 minutes. Remove from the oven and let cool.
2. While the kalettes are roasting, bring a large pot of water to a boil. Add 1 teaspoon salt and cook the pasta 1 minute less than the package's directions. Save ½ cup cooking water, then drain the pasta.
3. Heat 1 tablespoon olive oil in a large pan set over medium heat. Add the garlic, red pepper flakes, and oregano and cook until fragrant, about 1 minute.
4. Add the pasta cooking water, roasted kalettes and tomatoes, beans, olives (if using), lemon juice, half the parmesan cheese, and cooked pasta. Stir and cook over medium heat until the water is absorbed and everything is mixed well, 1 to 2 minutes.
5. Top each serving with the remaining parmesan cheese and serve warm.