

Pasta with Kale, Caramelized Onions and Parsnips

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2 Tbsp extra-virgin olive oil, divided
3 cups (½”) diagonally cut parsnip (about 1 lb)
2 ½ cups sliced onion (about 1 large)
1 Tbsp chopped fresh thyme
4 garlic cloves, chopped
½ cup dry white wine
8 cups trimmed chopped kale
½ cup organic vegetable broth
8 oz uncooked penne pasta
½ cup (2 oz) shaved Parmigiano-Reggiano cheese, divided
½ tsp salt
½ tsp freshly ground black pepper

- Heat 1 Tbsp oil in a large nonstick skillet over medium heat.
- Add parsnip to pan. Cook 12 minutes or until tender and browned, stirring occasionally. Place in a large bowl. Keep warm.
- Heat remaining 1 Tbsp oil in pan over medium-low heat.
- Add onion to pan. Cook 20 minutes or until tender and golden brown, stirring occasionally.
- Stir in thyme and garlic. Cook 2 minutes, stirring occasionally.
- Add wine. Cook 3 minutes or until liquid almost evaporates.
- Stir in kale and broth. Cook, covered, 5 minutes or until kale is tender. Uncover and cook 4 minutes or until kale is very tender, stirring occasionally.
- Cook pasta according to package directions, omitting salt and fat.
- Drain pasta in a sieve over a bowl, reserving ¾ cup cooking liquid.
- Add drained pasta to kale mixture.
- Stir in parsnips, ½ cup reserved cooking liquid, ¼ cup cheese, ½ tsp salt and ½ tsp black pepper. Cook for 1 minute or until thoroughly heated.
- Add remaining ¼ cup cooking liquid if needed to moisten.
- Top with remaining ¼ cup cheese.



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