



Pumpkin Kale Pasta



Prep Time: 10 mins Cook Time: 15 min Serves: 6

Ingredients:

- 1 box whole wheat pasta
- 1 cup kale
- 1 Tbsp fresh sage leaves
- 1 Tbsp fresh thyme
- 3 cloves garlic
- 2 Tbsp olive oil
- 1 (6 oz) can of tomato paste (no salt added)
- 3 cups pumpkin puree
- 3 cups milk or milk alternative
- 1 Tbsp lemon juice
- ½ tsp salt
- 1 ½ tsp pepper

For the Topping:

- 1 Tbsp olive oil
- 1 tsp fresh sage leaves
- ½ cup pumpkin seeds
- 1 pinch salt
- 1 pinch pepper

You can substitute 1 tsp dried herbs instead of fresh!

Instructions:

1. Cook the pasta according to the package.
2. Cut kale into ½ inch pieces.
3. Cut sage into small pieces.
4. Remove thyme from stem.
5. Mince garlic.
6. In large skillet heat oil on medium low heat. Add sage, thyme and garlic and cook until garlic and herbs change color slightly, stirring frequently. About 1 minute.
7. Add kale and cook until slightly wilted.
8. Mix in tomato paste, pumpkin puree, milk, lemon juice, salt, and pepper. Bring to a boil for 1 to 2 minutes.
9. Add cooked pasta to sauce, remove from heat and cover until ready to serve.

For the Topping:

1. In a food processor, or blender, blend sage, pumpkin seeds, salt and pepper coarsely.
2. In a small skillet, heat oil on medium.
3. Add sage and pumpkin seed mixture and cook until golden and toasted. Stirring constantly.
4. Use this to garnish the pasta.