

Ingredients:

- · 5 cloves garlic, minced
- 1 Tbsp Dijon mustard
- 1 lb lean round steak, cubed
- 1 (13.25 oz) box whole-wheat rotini pasta
- Non-stick cooking spray
- · 1 medium yellow onion, diced
- 1 (14.5 oz) can no-salt-added diced tomatoes, drained
- 4 cups chopped kale
- 1 cup plain nonfat Greek yogurt
- 1/2 cup grated parmesan
- 2 tsp Italian seasoning

Preparation:

- 1. In a medium bowl, stir together garlic & mustard. Add steak & stir to coat. Set aside.
- Prepare pasta according to package directions. Set aside.
- Lightly coat a large, deep skillet with cooking spray & heat on medium-high. Add onion & steak. Cook 5-7 minutes or until steak is cooked through.
- Add tomatoes & kale. Cook 3-5 minutes or until kale is wilted.
- Stir in yogurt, parmesan & Italian seasoning. Reduce heat to low & cook 4-5 minutes. Add pasta to skillet. Stir to combine & serve.

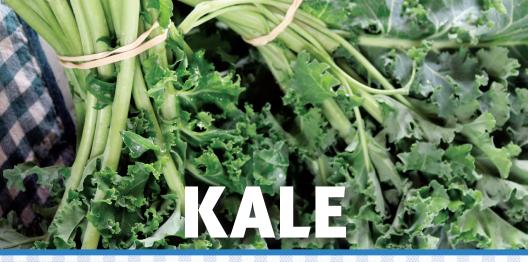
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30 Min | Serves 8







In Season

April - May & October - December



How to Select

Choose kale that has moist, firm & deep green leaves with crisp, strong stems. Avoid kale that is wilted, blemished, browning or yellowing.

How to Store

Refrigerate kale in a sealed plastic bag up to 5 days. Kale can also be blanched & frozen up to 10 months.

Helpful Tip

Avoid washing kale until ready to use. If whole kale leaves become limp, place in a bowl of ice water to restore crispness.



