

Kale

TUSCAN STEAK PASTA

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.
2. Prepare pasta according to package directions. Set aside.
3. 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.
4. Add tomatoes & kale. Cook 3-5 minutes or until kale is wilted.
5. Stir in yogurt, parmesan & Italian seasoning. Reduce heat to low & cook 4-5 minutes. Add pasta to skillet. Stir to combine & serve.

30 Min | Serves 8

Nutrition Facts	
8 servings per recipe	
Serving size	(296g)
Amount per serving	330 Calories
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 180mg	8%
Total Carbohydrate 46g	17%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 4mg	20%
Potassium 531mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.



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KALE

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.



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