



## Royal Quinoa Pasta with Kale and Lemon

Jean Trebek's Reliable Recipes  
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### INGREDIENTS:

3 tablespoons olive oil	8 ounces Andean Dream quinoa pasta
1 medium onion, chopped	¼ teaspoon red pepper flakes
3 cloves of garlic, minced	¼ cup grated Parmesan Cheese
1 pound Kale, washed, stemmed and roughly chopped	Juice of one large lemon
Juice of one large lemon with zest	Salt and Pepper to taste

### DIRECTIONS:

Heat the olive oil in a large pan over medium heat.

Add the onion, pinch of salt, pepper and chili flakes.

Cook until the onion is soft, about 5 minutes.

Add the garlic and cook another minute.

Add the chopped kale and a bit of water, as to cook the kale until it is tender, about 7 minutes.

Stir occasionally and add more water if needed.

Add the lemon and zest to the kale and lightly fold together.

Remove from heat.

In another pot, prepare the quinoa pasta as per directions on package.

Drain the pasta, but reserve ½ cup of pasta water.

Add the Kale to the pasta along with the grated cheese, and add some of the pasta water to create a light cheese sauce.

Top each serving with additional cheese.

Serves 4