

## One Pot Spaghetti with Kale Oshkosh Community YMCA

It's budget-friendly, packed with veggies, and ready in under half an hour.

### INGREDIENTS:

- 8 ounces spaghetti
- 4 packed cups chopped kale (about 4 ounces)
- 1 (14.5-ounce) can petite diced tomatoes, plain or with basil and garlic
- 1 carrot, peeled and sliced thin
- 4 cloves garlic, chopped
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 1/2 cups water
- 3/4 cup (2 ounces) shredded Parmesan cheese



### INSTRUCTIONS:

1. Place the spaghetti in a deep skillet that's at least 12 inches across or in a Dutch oven. Add the kale, tomatoes and their juice, carrot, garlic, olive oil, salt, and pepper, then pour the water over it all.
2. Put a lid on the pan and place it over high heat. Bring to a boil, reduce the heat to medium, then cook, removing the lid periodically and stirring with tongs to separate and turn the spaghetti, until the pasta is tender and the sauce is thickened, about 11 minutes. Test a strand of spaghetti by biting it; if it's underdone, cook for another minute. When done, toss with the Parmesan and serve.

## Ways To Dress Up This Pasta

- For a little variety and extra protein, throw in a can of rinsed chickpeas or white beans, or add a sprinkle of toasted almonds or walnuts for crunch. A pinch or two of dried herbs like thyme, basil, or oregano dress up the sauce nicely, and if you have some fresh parsley languishing in the fridge, add a couple of tablespoons on top.
- For a little extra zing, sub red pepper flakes for the black pepper. You can also stir in some leftover chicken or sliced, pre-cooked chicken sausage in the last few minutes of cooking.

## NUTRITION

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at [katieConklin@oshkoshymca.org](mailto:katieConklin@oshkoshymca.org)

Recipe Source <https://www.simplyrecipes.com/one-pot-spaghetti-with-kale-recipe-11690898>