

# Lemon-Garlic Pasta with Kale

## *Ingredients:*

- Pasta of choice
- 2 tbs butter
- Juice of one lemon OR 1.5 tbs bottled lemon juice
- 1-2 cloves of garlic, minced
- 2 cups fresh kale
- salt, pepper, crushed red pepper
- 1/2 lb raw shrimp (optional)



## *Instructions:*

1. Cook pasta according to package instructions.
2. Melt butter in a large saucepan on medium heat.
3. Add garlic and red pepper flakes and cook until fragrant, 1-2 minutes. Add kale and cook for 3 minutes
4. Add lemon juice and shrimp (if desired), and cook until shrimp are pink all the way through.
5. Add sauce and kale to cooked pasta and toss until evenly mixed
6. season with salt, pepper, and crushed red pepper to taste.



# Fun Facts: Kale & Garlic



## KALE

- Kale belongs to a group known as cruciferous vegetables (along with broccoli and brussels sprouts)
- Helps protect against heart disease and cancer
- High in Vitamin K, Vitamin C, and various antioxidants



## GARLIC



- Garlic has been used for its medicinal effects for thousands of years
- Protects heart health and lowers cholesterol
- Known to reduce the frequency of the common cold