Lemon-Garlic Pasta with Kale

Ingredients:

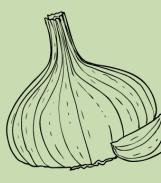
- Pasta of choice
- 2 tbs butter
- Juice of one lemon OR
 1.5 tbs bottled lemon
 juice
- 1-2 cloves of garlic, minced
- 2 cups fresh kale
- salt, pepper, crushed red pepper
- 1/2 lb raw shrimp (optional)



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.
- Add sauce and kale to cooked pasta and toss until evenly mixed
- 6. season with salt, pepper, and crushed red pepper to taste.





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