THE story OF YOUR dinner
Partnership for
Food Safety Education

RED LENTIL PASTA

WITH FIRE-ROASTED AND SUNDRIED TOMATOES

6 SERVINGS

INGREDIENTS

1 (8-ounce) box of red lentil pasta

2 Tablespoons extra-virgin olive oil

1 sweet onion, chopped into small pieces

5 cloves of garlic, minced or grated

1 Tablespoon dried basil

2 teaspoons dried turmeric

½ teaspoon salt, to taste (plus more to add to pasta water)

¼ teaspoon black pepper, to taste

1 (28-ounce can) fire-roasted tomatoes

½ cup oil-packed sundried tomatoes

1 Tablespoon balsamic vinegar

2 cups kale or baby spinach

1 Tablespoon oregano

Nutritional yeast (or grated Parmesan), fresh basil or parsley, and pepitas or pine nuts, for garnish (optional)

INSTRUCTIONS

1. Wash hands with soap and water.

2. Bring a large pot of water to a boil over high heat. Salt the water and add the pasta. Stir and cook the pasta to al dente, according to the package directions. Drain.

3. While the pasta cooks, scrub the onion and garlic with a clean vegetable brush under running water. Gently rub the kale or spinach under cold running water. Dry produce with a clean towel. Chop the onions and mince the garlic.

4. Heat a large pan over medium heat. Add the olive oil and onions. Cook until soft and translucent, about 5 to 7 minutes.

5. Add the garlic, basil, oregano, turmeric, salt and pepper. Cook for about 1 minute, until fragrant.

6. Slowly add the fire-roasted tomatoes and juices, crushing the tomatoes with a heavy spoon. Add the sundried tomatoes and vinegar, stirring to combine.

7. Simmer the sauce for 10 to 15 minutes, until reduced by about one-third.

8. Stir in the kale or spinach and cook until it begins to wilt.

9. Once the pasta is cooked, add it to the sauce and stir to combine. Divide pasta among bowls and garnish with nutritional yeast, fresh herbs, and pepitas or pine nuts.

RECIPE COURTESY OF **HowtoBurnWater.com**

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org.

Learn more about food safety at StoryOfYourDinner.org.

BROUGHT TO YOU BY:

Partnership for Food Safety Education
Together: A Food Safe America