Kale with Anchovy and Sauté Mushrooms Pasta
(serves 6)

3 lb. Kale, deveined, chopped
1 Sweet Onion, large
4 cloves Garlic, sliced
1 can (2 oz.) Anchovy fillets*, minced, keep oil from the can
1 lb. Honshimeji or sliced Crimini Mushrooms (can use other mushrooms)
6 + 1 Tbsp Olive Oil
1 cup White wine (optional: a splash of apple cider or balsamic vinegar)
1 cup Chicken Broth
1 Tbsp Dried red pepper flakes
1 whole Lemon zest
To taste Grated Parmesan Cheese
1 lb. Pasta (Pene, linguini etc.)

* Possible substitute for anchovies: shrimp paste, minced dried shrimps

Serve with 1 lb. pasta

1. Sauté mushroom in 1 table spoon olive oil until the mushrooms are caramelized, remove and set aside
2. Sauté garlic and onion in 6 table spoons olive oil until soft but not brown
3. Add anchovy and oil from the can and sauté until well incorporated
4. Add kale and sauté until well mixed, add mushrooms and toss to mix
5. Add white wine to deglaze until wine is reduce a little
6. Add chicken broth, turn heat to medium and cook until kale is soft and cooked down
7. Mix in with pasta, sprinkle grated parmesan cheese, lemon zest, and dried red pepper flakes

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size (464g)</th>
<th>Servings Per Container</th>
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<tbody>
<tr>
<td></td>
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<tr>
<td>Calories 410</td>
<td>Calories from Fat 570</td>
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<tr>
<td></td>
<td>Sodium 510mg</td>
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<tr>
<td>Total Fat 20g</td>
<td>35%</td>
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<tr>
<td>Saturated Fat 3g</td>
<td>18%</td>
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<tr>
<td>Cholesterol 30mg</td>
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<tr>
<td>Sodium 310mg</td>
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<tr>
<td>Total Carbohydrate 65g</td>
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<tr>
<td>Fiber 7g</td>
<td>29%</td>
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<tr>
<td>Protein 15g</td>
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Vitamin A 160% • Vitamin C 120%
Calcium 20% • Iron 27%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
Calories 2,000 2,500
Total Fat 65g Cholesterol Less Than 65g
Sodium Less Than 2,400mg
Total Carbohydrate 300g Dietary Fiber 26g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4