

# Heart-healthy Pasta Night

- *Kale Caesar Salad*
- *Pappardelle with Walnut Bolognese*

| <b>Nutrition Facts</b>   |                       |
|--|-----------------------|
| servings per container   |                       |
| <b>Serving size</b>  | <b>1 meal</b>         |
| <hr/>  |                       |
| <b>Amount per serving</b>  |                       |
| <b>Calories</b>  | <b>580</b>            |
|  | <b>% Daily Value*</b> |
| <b>Total Fat</b> 33g   | <b>42%</b>            |
| Saturated Fat 5g   | <b>25%</b>            |
| Trans Fat 0g   |                       |
| <b>Cholesterol</b> 20mg  | <b>7%</b>             |
| <b>Sodium</b> 600mg  | <b>26%</b>            |
| <b>Total Carbohydrate</b> 61g  | <b>22%</b>            |
| Dietary Fiber 10g  | <b>36%</b>            |
| Total Sugars 7g  |                       |
| Includes 0g Added Sugars   | <b>0%</b>             |
| <b>Protein</b> 16g   |                       |
| <hr/>  |                       |
| Vitamin D 0mcg   | 0%                    |
| Calcium 214mg  | 15%                   |
| Iron 5mg   | 30%                   |
| Potassium 760mg  | 15%                   |
| <hr/>  |                       |
| <small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |                       |

# Caesar Salad

Makes 4 servings

## Ingredients

### Dressing:

- 1 egg, preferably pasteurized (see notes)
- ½ cup olive oil
- ¼ cup lemon juice
- Two dashes Worcestershire sauce
- 1 clove garlic, crushed
- ½ teaspoon salt
- Dash of ground black pepper

### Croutons:

- 2 slices day-old whole-wheat bread
- 1 tablespoon olive oil
- ½ teaspoon garlic powder

### Salad:

- 2 bunches kale, stems removed and leaves chopped (about 8 cups)
- ¼ cup grated Parmesan cheese

## Preparation

To coddle the egg, bring 3 cups of water to a boil in a small saucepan. Using a slotted spoon, gently lower egg (still in shell) into the water and let stand for 1 minute. Remove egg from water and let cool.

Once cooled, crack the egg into a blender jar along with the olive oil, lemon juice, Worcestershire sauce, garlic, salt, and pepper; blend until combined.

To prepare croutons, cut bread to desired size. In a medium bowl, toss with olive oil and garlic powder. In a medium skillet, sauté over medium heat until crisp and golden. Transfer to a plate to cool.

In a large bowl, combine the kale and Parmesan cheese. Add dressing to taste (about 6 tablespoons total), and toss to combine. Add croutons and toss just prior to serving.

## Notes:

- Leftover dressing will keep in the refrigerator, covered, for up to 4 days.
- To reduce the risk of food-borne illness from undercooked eggs, use pasteurized shell eggs for the dressing (available with other shell eggs in well-stocked supermarkets).

## Nutrition Facts

4 servings per container

**Serving size** 2 cups salad with  
1 1/2 tablespoons  
dressing

Amount per serving

**Calories** **200**

% Daily Value\*

**Total Fat** 16g **21%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 250mg **11%**

**Total Carbohydrate** 10g **4%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 128mg **10%**

Iron 1mg **6%**

Potassium 177mg **4%**

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## Pappardelle with Walnut Bolognese

Sauce recipe makes about 10 ½ cups. Pappardelle recipe makes 4 servings.

### Ingredients

#### Sauce:

- 1 tablespoon olive oil
- ½ cup chopped onion
- ½ cup chopped carrot
- ½ cup chopped celery
- 4 garlic cloves, minced
- 3 cups walnuts, toasted (see notes)
- 2 28-ounce cans (6 cups) no-salt-added whole tomatoes, preferably San Marzano (such as Cento brand)
- 1 tablespoon sundried tomato paste
- 1 tablespoon tomato paste
- 2 ¼ teaspoons sea salt
- 2 ¼ teaspoons fennel seeds, finely crushed
- 1 ½ teaspoons dried rosemary
- 1 ½ teaspoons dried basil
- 1 teaspoon sugar
- Crushed red pepper flakes, to taste (optional)

#### Pappardelle:

- 8 ounces whole-wheat pappardelle or other long pasta
- 3 cups walnut Bolognese sauce

### Preparation

Heat oil over medium heat in a very large pot. Add onion, carrot, celery, and garlic, and sauté 10 minutes, until soft and translucent.

Meanwhile, place walnuts in a food processor and pulse until chopped. Add tomatoes and pulse until combined. Add the walnut-tomato mixture to the pot along with the sundried tomato paste, tomato paste, salt, fennel seeds, rosemary, basil, and sugar. Bring to a boil; reduce heat and simmer for 20 minutes. Add crushed red pepper flakes to taste, if using.

*If using sauce immediately, proceed with the recipe. If saving for later, transfer sauce to shallow containers and chill, covered, in the refrigerator. Sauce will keep, covered, for 3 to 4 days in the refrigerator. If freezing, once cool, place in freezer-safe airtight containers or*

## Nutrition Facts

4 servings per container

**Serving size** 1 cup pasta with  
3/4 cup sauce

Amount per serving

**Calories** **380**

% Daily Value\*

**Total Fat** 17g **22%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 350mg **15%**

**Total Carbohydrate** 51g **19%**

Dietary Fiber 9g **32%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 12g

Vitamin D 0mcg **0%**

Calcium 86mg **6%**

Iron 4mg **20%**

Potassium 583mg **10%**

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*heavy-duty freezer bags and freeze for 2 to 3 months; thaw in the refrigerator prior to using, then reheat until boiling.*

Bring a large pot of water to boil. Cook pappardelle to al dente according to package directions. Drain and return pasta to pot. Toss with 3 cups of walnut Bolognese sauce.

**Notes:** To toast walnuts, preheat oven to 350° F. Spread nuts evenly onto a sheet pan and bake 6 to 8 minutes until fragrant, shaking pan halfway through.