Heart-healthy Pasta Night

- Kale Caesar Salad
- Pappardelle with Walnut Bolognese

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Servings per container</th>
<th>1 meal</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount per serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>580</td>
</tr>
</tbody>
</table>

*% Daily Value*

- Total Fat 33g: 42%
- Saturated Fat 5g: 25%
- Trans Fat 0g: 0%
- Cholesterol 20mg: 7%
- Sodium 600mg: 26%
- Total Carbohydrate 61g: 22%
- Dietary Fiber 10g: 36%
- Total Sugars 7g
  - Includes 0g Added Sugars: 0%
- Protein 16g

- Vitamin D 0mcg: 0%
- Calcium 214mg: 15%
- Iron 5mg: 30%
- Potassium 760mg: 15%

*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.*
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).
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

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**Nutrition Facts**

4 servings per container

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 cup pasta with 3/4 cup sauce</th>
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<tbody>
<tr>
<td>Calories</td>
<td>380</td>
</tr>
<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>17g (22%)</td>
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<tr>
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<tr>
<td>Potassium</td>
<td>583mg (10%)</td>
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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.