***NR#77 Creamy Green Kale, Broccoli, and Pea Pasta***

***Serving Size and Ingredients: 3/4c***

|  |  |  |  |
| --- | --- | --- | --- |
| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 56 ¼ ounces | 112 ½ ounces | 225 ounces | Penne pasta, dry |
| 12 ½ ounces | 25 ounces | 50 ounces | Kale, stalks discarded |
| 6 ¼ | 12 ½ | 25 | Garli clove, peeled |
| 3 1/8 cups | 6 ¼ cups | 12 ½ cups | Frozen Peas, thawed |
| 6 bunches | 12 ½ bunches | 25 | Bunch of parsley |
| 1 1/8 cups | 2 1/3 cups | 4 ½ cups | Olive oil |
| 3 1/8 | 6 ¼ | 12 ½ | Zest and juice of ½ lemon, plus more to serve |
| 1 ½ cups | 3 cups | 6 cups | 4 TBSP Parmesan cheese |
| 43 3/4 ounces | 87 ½ ounces | 175 ounces | Broccoli Florets |
| To taste | To taste | To taste | Ground black pepper |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

***NR#77 Creamy Green Kale, Broccoli, and Pea Pasta***

***INSTRUCTIONS:***

## Directions

**1. Bring a large saucepan of salted water to a boil. Once boiling, add the pasta and cook according to the package instructions.**

**2. Add the kale to the pasta pot, along with the garlic. After about a minute, use a pair of tongs to remove the kale and garlic. Reserve about 1 cup of the pasta water.**

**3. While the pasta continues to cook, add the kale and garlic to a blender, along with half the peas. Add the basil or parsley, olive oil, lemon juice, Parmesan and 4 tablespoons of the reserved pasta water. Blend until smooth, then taste and adjust the flavor and texture as needed. You want the sauce to be entirely smooth, but not too runny. If it’s too runny, you can add more peas or herbs to thicken.**

**4. When there are just a few minutes left of the pasta cooking time, add the broccoli and remaining peas to the pan to cook. Drain the pasta and veggies in a colander, then return them to the saucepan. Pour half of the green sauce over the top and stir.**

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145 degrees; ground meat or meat mixtures to 155 degrees; raw eggs not prepared for immediate service to 158 degrees; poultry, stuffed meat/fish/ pasta to 165 degrees.***