

Portion Size: 2 Cups

Orecchiette Pasta Bake

Orecchiette pasta with fennel spiced ricotta cheese and kale

Yield: 10 servings

1 lb	Orecchiette Pasta, Dry	1 tbsp	Crushed Red Pepper
12 oz	Kale, Fresh, Chopped	1/4 cup	Parsley, Fresh, Chopped
2 tbsp	Minced Garlic Cloves, Fresh	1 cup	Tomatoes, Diced in Juice, No
1/8 tsp	Kosher Salt	Added Salt, Canned, Drained	
1/8 tsp	Ground Black Pepper	1/2 cup	Parmesan Cheese, Shredded
2 tbsp	Olive Oil Canola Blend	1/4 tsp	Kosher Salt
1-1/2 tbsp	Fennel Seed	1/8 tsp	Ground Black Pepper
1 lb, 8 oz	Ricotta Cheese, Whole Milk	1/4 cup	Parmesan Cheese, Shredded
		1 tbsp	Olive Oil



Cook pasta in rapidly boiling water until al dente. Stir often so the pasta does not stick. Drain and rinse with cold water. Set aside. Heat oil in a hot skillet and add kale. Cook for 1 minute and add the garlic. Cook until kale is wilted and tender. Season with salt and black pepper. Add to the cooked pasta and toss well; ensure that cooked kale is well distributed.

Toast fennel seeds in a dry hot skillet until fragrant. Lightly crush. Mix ricotta cheese, fennel, crushed red pepper, fresh parsley, diced tomatoes, parmesan cheese, salt and black pepper. Add to the pasta. Lightly spread olive oil inside baking pan. Place pasta mixed with vegetables and ricotta cheese into pan. Top with additional parmesan cheese. Bake in a preheated 350°F oven until bubbly and hot, about 30 to 40 minutes.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
405.7	19.2	46.3	16.3	39	266.4	7.5	4.3