



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Savory Penne with Lentils and Kale

A nourishing vegan meal is made in one skillet for a quick weeknight supper.

Active Time: 5 Mins | Total Time: 32 mins | Servings: 6

NUTRITION NOTES

- Mild in flavor but rich in nutrition, **brown lentils** are a plant-based powerhouse packed with protein, fiber, and essential minerals like iron and folate. Their high fiber content supports digestive health and helps regulate blood sugar, while their protein contributes to muscle maintenance and satiety.
- Light and heart-healthy, **olive oil** is rich in monounsaturated fats and antioxidants that support cardiovascular wellness. It also contains anti-inflammatory compounds like oleocanthal, which may contribute to reduced inflammation and support brain health.
- A nutrient-dense leafy green, **kale** is loaded with vitamins A, C, and K, which are important for immune function, bone health, and skin. Its fiber, antioxidants, and phytonutrients also support detoxification and may help reduce chronic disease risk.
- Crunchy and nutrient-rich, **walnuts** are an excellent source of omega-3 fatty acids, which support brain and heart health. They also offer antioxidants, protein, and fiber that contribute to improved cholesterol levels and reduced inflammation.



Savory Penne with Lentils and Kale

INGREDIENTS

- ½ cup brown lentils
- 1 tablespoon (15 milliliters) light olive oil
- ½ cup onion, chopped
- 1 teaspoon garlic, minced
- 2 cups dry whole-wheat penne pasta
- 1½ cups (360 milliliters) canned crushed tomatoes
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1 cup frozen kale, chopped
- ¼ cup walnuts, chopped
- 2 tablespoons fresh parsley, for garnish

INSTRUCTIONS

1. Rinse lentils in a fine mesh strainer and remove any debris.
2. Heat olive oil in a large nonstick skillet over medium heat for 1 minute. Add onions and cook 4 minutes, stirring occasionally. Add garlic and cook 1 minute, stirring constantly.
3. To the pan, add lentils, pasta, crushed tomatoes, 2½ cups (600 milliliters) water, salt, black pepper, oregano and basil. Stir to combine, then cover with a lid and reduce heat to low. Set a timer for 18 minutes.
4. After the timer goes off, lift the lid and place the frozen kale on top of the mixture. Replace the lid and cook for another 4 minutes, or until the lentils are tender.
5. Serve in bowls and top evenly with chopped walnuts and parsley.

Nutrition Profile: High-Fiber | Low-Sodium | Low-Cholesterol | Plant-Forward | Low-Saturated Fat

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 6 | Serving Size: 1¼ cups | Calories: 217

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| • 6g total fat | • 35g carbohydrate | • 442mg potassium |
| • 1g saturated fat | • 7g fiber | • 188mg phosphorus |
| • 0mg cholesterol | • 5g sugar | |
| • 212mg sodium | • 9g protein | |

**Nutrition information provided directly by Eat Right and reflects values listed at the time of publication. Recipe sourced from: www.eatright.org*