

Penne with Kale, Tomatoes and Olives



Makes:

4 servings

Utensil:

Saladmaster Food Processor

5 Qt./4.7 L Roaster with Cover

5 Qt./4.7 L Gourmet Wok with Cover

Rate ☆☆☆☆☆

Recipe:

Contributed By:

The Cancer Survivor's Guide

The Cancer Project of the Physicians Committee for Responsible
Medicine (PCRM)

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Recipe Description:

Lycopene, a phytochemical in tomatoes, has been found to be protective against a growing list of cancers, most notably prostate cancer.

1 onion, processed, use Cone #3
5 cups
kale, chopped
(335 g)
29 ounces
chopped fire-roasted tomatoes, undrained
(822 g)
½ cup
Kalamata olives, pitted and sliced, use Cone #4
1 tablespoon
fresh parsley, chopped
(4 g)
8 ounces
uncooked whole-wheat penne pasta (or brown rice pasta)
(228 g)
¼ cup
nutritional yeast or dairy-free (vegan) Parmesan substitute,
optional
(12 g)

Directions:

1. Preheat wok over medium heat. When several drops of water

sprinkled on pan skitter and dissipate, add onions. Sauté for approximately 3 minutes.

2. Add kale and tomatoes. Cover and cook. When Vapo-Valve™ clicks, reduce heat to low and cook for 15 minutes.
3. Add olives and parsley. Cook for an additional 5 minutes.
4. Meanwhile, in roaster, cook pasta according to package directions. Drain and transfer to a serving bowl.
5. Add kale mixture and toss gently. Serve immediately.
6. Sprinkle nutritional yeast or Parmesan substitute over top, if using.

Tips:

- If using induction cooktop to prepare this dish, place wok on unit and preheat to 300°F/150°C.

Nutritional Information per

▼ Serving

Calories: 281
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 497mg
Total 58g
Carbs:
Dietary Fiber: 9g
Sugar: 8g
Protein: 12g