

Sweet Pepper Pasta Toss with Kale

Sauteed sweet peppers and kale are tossed with farfalle pasta and sprinkled with a generous amount of crumbled feta cheese. This recipe was

inspired by a similar recipe I received in my produce box from Full Circle Farm in Carnation, WA.

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Ready In: 45 Minutes

Yields: 4 servings

INGREDIENTS:

1 (8 ounce) package uncooked farfalle (bow tie) pasta
1 tablespoon olive oil
1 medium red bell pepper, chopped
1 medium yellow bell pepper, chopped
1 cup roughly chopped kale
4 cloves garlic, chopped
1 pinch dried basil
1 pinch ground cayenne pepper
salt and ground black pepper to taste
8 ounces feta cheese, crumbled

DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat oil in a skillet over medium heat. Stir in red pepper, yellow pepper, kale and garlic. Season with basil, cayenne pepper, salt and black pepper. Cook until vegetables are tender.
3. In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with feta cheese to serve.