

Black Eyed Pea and Kale Pasta

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Serves 2

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Featuring summertime staples of blacked eye peas, kale, and heirloom tomatoes, this gluten-free plant-based pasta dish comes together in minutes and uses only a few simple ingredients!

INGREDIENTS

- Brown rice spaghetti
- 3-4 cloves garlic, minced
- 2 T olive oil
- 1 c cooked black eyed peas with 2 T of cooking liquid reserved (*see note*)
- 2 medium-sized heirloom tomatoes, diced
- 4 cups loosely packed chopped kale
- 1 cup reserved pasta cooking water
- 2 T nutritional yeast
- ½ t salt
- Basil, to garnish

DIRECTIONS

1. Heat covered pot of salted water to cook spaghetti over high heat. While water is heating up, chop the garlic, tomato and kale. Once the water is boiling, heat a large skillet over medium heat and add 2 T olive oil. Add the garlic and cook for one minute.
2. While garlic is cooking, quickly add the pasta to the boiling water and stir to prevent sticking.
3. Add the tomatoes to the sautéed garlic and stir to combine. Cook for 5 minutes.
4. Add black eyed peas and reserved cooking liquid, kale, pasta water, and salt. Gently stir until kale is wilted and sauce is thickened, about 4 min.
5. By now, the spaghetti should be done cooking. Add it directly to the skillet. Add the nutritional yeast. Fold the sauce into the spaghetti to combine and cook for another 1-2 minutes.
6. Remove from heat and serve garnished with fresh basil.

NOTES:

- nutritional yeast can be left out, but it lends a slightly cheesy flavor (as well as B12) to the dish
- Black eyed peas can be canned, cooked from fresh shucked peas, or from dried peas. See cooking instructions in blog post.
- Brown rice pasta is available at most grocery stores - it could be in the gluten-free section. It tastes great and is a delicious alternative to wheat pasta to switch things up!