




## Red Lentil

~One-Pot~

# Rotini Puttanesca



 3-4 servings

### Ingredients

1 Tbsp Olive oil  
4-6 ea Garlic cloves, smashed, peeled  
1, 28oz can Tomatoes, crushed, low sodium  
1 Tbsp Tomato paste  
2 Tbsp Capers, drained  
¼- ½ cup Black olives, sliced  
¼- ½ cup Kalamata olives, chopped  
¼ tsp Crushed red pepper, optional  
2 tsp Oregano, dried  
3 cups Water  
8 oz Pasta of choice, uncooked  
¼ cup Parsley, chopped  
to taste Salt/pepper  
5oz (-4 ½ cups) Baby kale or spinach

### Method

1)Gather all ingredients and equipment.  
2)In a medium saucepan with high rim, warm up olive oil with crushed garlic until softened, about 3 mins.  
3)Add the tomatoes, tomato paste, capers, olives, crushed red pepper and cook for an additional 3 mins.  
4)Add 3 cups of water to pan- bring to boil and then reduce to simmer. Add pasta. Stir every so often to prevent sticking until pasta is cooked through about 7-10 mins (or as otherwise per manufacturer's directions).  
5)Add baby greens towards the end- stir and cook until wilted. Taste and season prior to serving.  
6)Garnish with fresh parsley and enjoy.

*Feel free to use other pasta of choice. For a heart-healthy option, opt for products that have = to or >3 grams of fiber per serving*