Chicken and Kale Casserole



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# Ingredients:

# salt and pepperone 13.25 ounce box of whole grain pasta shells1 tablespoon unsalted butter1 tablespoon extra virgin olive oil1 large yellow onion, diced small1 garlic clove, minced1.5-2 bunches of kale, tough stems and ribs removed, torn or chopped into bite-sized pieces3-4 cups of cooked, chopped or shredded chicken (I used a 1 ½ pound package of boneless skinless breasts)30 ounces part-skim ricotta cheese1 cup shredded mozzarella cheese¾ cup grated Parmesan cheese1 tablespoon lemon zest½ cup loosely packed parsley, finely chopped

# Directions:Preheat oven to 350 degrees F.Cook pasta according to package directions. Drain and return to pot, or dump into a very large bowl.Meanwhile, in a large skillet, melt butter and olive oil over medium heat. Add onions and garlic and cook until onion is softened, stirring frequently (2-3 minutes). Add kale, cover and cook for about five minutes or until kale is tender. Transfer to pot or bowl with pasta.Add chicken, cheeses, lemon zest, and parsley. Stir until ricotta and all other ingredients are evenly distributed.Spread into a 9x13 pan, and bake for 30 minutes or until heated through and golden brown.