Chicken and Kale Casserole



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# Ingredients:

# salt and pepper one 13.25 ounce box of whole grain pasta shells 1 tablespoon unsalted butter 1 tablespoon extra virgin olive oil 1 large yellow onion, diced small 1 garlic clove, minced 1.5-2 bunches of kale, tough stems and ribs removed, torn or chopped into bite-sized pieces 3-4 cups of cooked, chopped or shredded chicken (I used a 1 ½ pound package of boneless skinless breasts) 30 ounces part-skim ricotta cheese 1 cup shredded mozzarella cheese ¾ cup grated Parmesan cheese 1 tablespoon lemon zest ½ 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.