

Frugal -Big Kale Pasta Salad



Serving: 6



Cook Time: 30 mins



Level: Easy



INGREDIENTS

- Creamy Balsamic Vinaigrette:
 - 1/3 cup olive oil
 - 3 Tbsp balsamic vinegar
 - 2 Tbsp mayonnaise
 - 1/2 Tbsp Dijon mustard
 - 1 clove garlic, minced
 - 1/2 tsp dried basil
 - 1/4 tsp salt
 - 1/4 tsp freshly cracked black pepper
- Salad:
 - 8 oz. penne pasta
 - 8 oz. chopped kale
 - 1 pint grape tomatoes
 - 1/2 red onion
 - 1 15oz. can chickpeas
 - 1/2 cup grated Parmesan

PREPARATION

1. Make the vinaigrette first. Whisk together the olive oil, balsamic vinegar, mayonnaise, Dijon, minced garlic, basil, salt, and pepper in a bowl until smooth and creamy. Set the dressing aside.
2. Bring a pot of water to a boil for the pasta. Once boiling, add the pasta and boil until tender (7-8 minutes). Drain the pasta in a colander and allow it to cool.
3. Add the kale to a large bowl. Drizzle of the prepared balsamic dressing over the kale and then use your hands to massage the dressing into the kale. Massage the kale for 3-5 minutes, or until it has wilted to half its volume.
4. Slice the grape tomatoes in half, thinly slice the red onion, and rinse and drain the chickpeas.
5. Add the drained and cooled pasta to the bowl with the kale, along with the tomatoes, onions, chickpeas, and Parmesan.

PREPARATION (CONT.)

6. Pour the rest of the dressing over top, then stir the salad until everything is evenly combined and coated in dressing. Add salt and pepper to taste, then serve.