

## Turkey, Kale & Orzo Pasta

1 1/2 Cups homemade turkey stock  
1/2 Cup Orzo pasta  
1 Cup cooked turkey meat, cubed/shredded  
2 Cups torn kale (thick stem/ribs removed)  
1/2 Cup chopped sweet white onion  
1 clove garlic, mashed  
2 Cups sliced button mushrooms  
1 Tbsp Olive Oil  
1 Cup cherry tomatoes  
Red pepper flakes (to taste, I like a zing to my pasta so added a lot)  
Fresh cracked black pepper and sea salt to taste  
1 Tbsp freshly grated parmesan cheese

In a small saucepan, bring the turkey stock to a boil, add orzo, cover and reduce heat to a simmer and cook until al dente (5-6 minutes). Remove from heat and set aside ~ DO NOT DRAIN PASTA!

In a large frying pan, heat olive oil over med-high heat, add onions and cook for about 2-3 minutes until they start to soften. Add garlic and mushrooms and cook until mushrooms start to sweat their moisture.

Add kale, stirring for 2-3 minutes until the kale starts to wilt and is bright green. Add cherry tomatoes, chopped turkey, salt, pepper and red pepper flakes. Saute for another 2 minutes until the tomatoes start to blister and the turkey is heated through.

Add the reserved orzo in turkey stock and mix well. Taste and adjust seasonings, remove from heat and serve immediately.

Garnish with parmesan and serve with a crusty, whole wheat baguette.

*Deborah*