

Spaghetti with Cherry Tomatoes and Kale



4 servings



prep 10 minutes



cook 20 minutes



INGREDIENTS

- 1/2 pound spaghetti
- 1pound cherry tomatoes, halved (about 2 pints)
- 2lemons, zested
- ¼cup plus 3 tablespoons olive oil
- 2teaspoons kosher salt, plus more to taste
- 1bunch kale , washed and chopped
- Black pepper
- Parmesan, for serving

INSTRUCTIONS

1. Bring just over a quart of water to a boil. Meanwhile, place spaghetti, tomatoes, lemon zest, oil and 2 teaspoons kosher salt in a large, dry, shallow pan. (The pan should be large enough that the dry spaghetti can lie flat.)
2. Carefully add the boiling water to the pan with the spaghetti. Cover pan, and bring up to a boil. Remove lid and simmer for about 6 minutes, using tongs to move the spaghetti around now and then so it doesn't stick. Add kale or spinach and continue cooking until remaining liquid has reduced to a sauce and the pasta is cooked through. Taste, season with salt and pepper, and top with Parmesan.

NOTES

To add a little spice- add 1/4 tsp of chili flakes

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Delicata Squash Bisque



4 servings



prep 20 minutes



cook 90 mins



INGREDIENTS

- 3 delicata squash, halved lengthwise and seeded
- 1 onion, chopped
- 3 cups vegetable broth
- 1 ½ cups heavy whipping cream
- 2 tablespoons butter
- salt to taste
- ground black pepper to taste

NOTES

To convert this to a vegan recipe- substitute oat milk for heavy cream and plant based butter for butter

INSTRUCTIONS

1. Preheat oven to 325 degrees. Place the squash, cut sides down, in a baking dish. Add 1/8 inch water in baking dish, cover with foil and bake 35-40 minutes or until tender. Cool.
2. In a large saucepan, melt butter. Add onion and cook over low heat, stirring occasionally until onion is softened but not brown.
3. Scrape the squash out of the flesh and add to onions. Add the stock and heavy cream. Cook over moderate heat, stirring occasionally, about 25 minutes.
4. Puree the soup in a blender or food processor. Season with salt and pepper to taste and serve.

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