



Makes 8 cups
Preparation Time: 15 minutes
Cook Time: 45 minutes

INGREDIENTS:

2 pints cherry tomatoes
1 medium onion, cut into slivers
6 cloves garlic, thinly sliced
2 teaspoons chopped fresh rosemary
2 cups low-sodium vegetable broth
8 oz. dry whole grain fettuccine, broken into 3-inch pieces
4 cups chopped fresh kale leaves
½ cup oil-free hummus
1 tablespoon apple cider vinegar
Sea salt and freshly ground black pepper, to taste
¼ cup sliced Kalamata olives
2 tablespoons nutritional yeast

Creamy Baked Fettuccine with Kale

This **one-dish** baked fettuccine with cherry tomatoes and kale is a great hands-off recipe that results in succulent flavors and requires very little washing up. It's so easy! Grab a baking dish, add tomatoes, aromatics, and fresh rosemary, and roast for 20 minutes, letting the flavors intensify. Then, add the pasta—we advise breaking the dry fettuccine into pieces before stirring in—broth, kale, and **hummus**, and leave it to cook for half an hour. The hummus, tomatoes, and broth create a zesty sauce that cooks the pasta, and you get to put your feet up while the oven does the heavy lifting. Sprinkle with sliced Kalamata olives just before serving. Enjoy it as it is or with a garden salad for extra greens.

Tips

Oil-free hummus: If you're having trouble finding oil-free hummus, you can make your own with this easy 10-minute **hummus recipe**.

Gluten-free version: To make this gluten-free, use gluten-free fettuccine.

For more inspiration, check out these tasty ideas:

- **White Bean Fettuccine Alfredo with Peas and Sun-Dried Tomatoes**
- **Linguine with Artichokes and Lentils**
- **One-Pot Pasta with Spring Veggies**
- **Butternut Squash Mac and Cheese with Broccoli**

By Nancy Macklin, RDN

- 1 Preheat oven to 400°F. Place tomatoes, onion, garlic, and rosemary in a deep 3-quart baking dish. Roast 20 minutes or until tomatoes start to break down. Reduce oven temperature to 350°F.
- 2 Stir in broth and 2 cups water. Add fettuccine and kale; lightly toss to combine. Top with spoonfuls of hummus. Cover dish with foil.
- 3 Bake 20 to 30 minutes or until fettuccine is tender. Add vinegar and mix well. Season with salt and pepper. Top with olives and nutritional yeast.