



# Cheesy Kale Bake

Fall Winter Spring Summer

## NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving	
Calories	238 kcal
Protein	13.38 g
Carbohydrate	30.70 g
Total Fat	7.58 g
Saturated Fat	2.75 g
Cholesterol	12 mg
Vitamin A	8501.90 IU
Vitamin C	68 mg
Iron	2.51 mg
Calcium	278.10 mg
Sodium	344.91 mg
Dietary Fiber	4.08 g

EQUIVALENTS: 1 cup provides .5 oz equiv meat/meat alternate; 1 oz equiv WGR grain and ¼ cup dark green vegetable.

Recipe HACCP Process: #2 Same Day Service

# Cheesy Kale Bake • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions	4 lb		1 Trim and peel onion. Cut into medium dice	
Canola oil		¼ cup	2 Heat canola oil in a 20-qt brazier over medium-low heat. Add the onions and cook, stirring occasionally, until golden brown, about 45 minutes. (Do not skip this step as the almost-melted onions are key to this recipe.)	
Kale	6 lb		3 Meanwhile, wash kale under cold running water. Drain in a colander but do not dry. Remove and discard thick stems. Cut leaves into ½-inch pieces.	
Water		3 gal + 3 qt	4 Bring water and 3 Tbsp salt to a boil in a large pot. Cook pasta until just tender, about 8 minutes. (Do not overcook.) Drain and rinse with cool water. Return to the pot and toss with olive oil.	
Kosher salt		4½ Tbsp, divided		
Whole-wheat penne pasta	3 lb 4 oz			
Olive oil		¼ cup		
			5 Working in batches, add the chopped kale to the onions. Stir and toss the kale until it wilts and shrinks before adding more. Stir in 1½ Tbsp salt. Cook over medium heat, stirring and tossing, until the kale is wilted and tender but still bright green, 5 to 7 minutes. Transfer to a large bowl and let cool.	
			6 Preheat convection oven to 350°F or conventional oven to 375°F. Coat two 2-inch full hotel pans with cooking spray.	
Shredded reduced-fat Cheddar cheese	2 lb		7 Add the pasta to the kale mixture and toss to combine. Add Cheddar cheese and continue to toss until the mixture is well combined. Divide between the prepared pans and spread evenly.	
Breadcrumbs, soft, whole-wheat		1 cup	8 Mix breadcrumbs and Parmesan in a small bowl. Sprinkle each pan evenly with half of the mixture.	
Grated Parmesan cheese		1 cup	9 Bake until brown and the internal temperature reaches 140°F, 20 to 25 minutes. Serve immediately.	

