



ADDING NUTRIENTS - GLUTEN FREE PASTA ALL'AMATRICIANA

INGREDIENTS:

Gluten Free Pasta - your choice
5 slices of bacon - organic, nitrate free
1/2 Vidalia onion small dice
1 heaping Tablespoon minced garlic
1/4 cup ++ Red wine
2 cans organic chopped tomatoes - (15 oz. size)
Sea Salt and Black Pepper
1/4 tsp. crushed red chili flakes
2 cups of Kale, chiffonade - lay leaves on top of each other and roll up cigar fashion, then slice very thin - and then cross cut. Wash.
Parmesan cheese - just a touch.

DIRECTIONS:

Get your pasta water on to boil and cook according to package directions, and then drain.

Meanwhile - cook your bacon, and then remove to paper towels and then chop fine.

If your bacon produces a LOT of grease - dump it out so that you only have about 1 Tablespoon remaining OR clean your pan completely and then use 1 Tablespoon of olive oil.

Saute onions until translucent.

Add in the garlic, stirring, and cook for about 30 seconds.

Add in your red wine, deglazing the pan, and allow it to reduce slightly.

Add back in your bacon and the tomatoes. Bring it to a boil and reduce the heat and let it simmer.

Adjust your seasonings of sea salt and pepper and add in the crushed red chillies.

Just about the time you are ready to drain your pasta, add in the Kale to the tomato mixture and cook just until wilted.

I always put my drained pasta back into the pasta pot and pour the sauce over - stirring to combine well.

Serve.

**If you like cheese - go easy on it!