

One-Pot Creamy Kale + White Bean Pasta



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Kale + White Bean
Pasta**

Hello from Dallas, Texas! I'm blogging at you from the BBYO International Conference. Yes, that makes two blog posts from conferences so clearly, I clearly pay close attention to presentations and am not distracted at all when you invite me to a conference.

Anyway, It's an honor to be here for so many reasons! First, I love teenagers! They're inspiring and motivating and hilarious and loud and sometimes smelly but I love them anyway. Second, I got to speak on using social media and blogging as a means to build understanding for issues that I'm passionate about, like food justice and mindful living. But, most importantly, it's an honor because on Shabbat, I get to speak in partnership with the one and only Amy Kritzer from What Jew Wanna Eat! After years and years of being Internet friends and even co-authoring a e-cookbook together, we finally got to meet in person! Amazing! We met at the airport upon arrival into Dallas and have only paused from each other's side to sleep and do our presentations. I'm tellin' ya folks, if loveliness exists in this world it is house within Amy. What an amazing individual! This lady is so amazing for tons of reasons but the thing I honestly love the most about her is her willingness to support other bloggers – competition be damned! She sees the success of other Jewish bloggers as a success of her community and gosh darn it, that is beautiful!

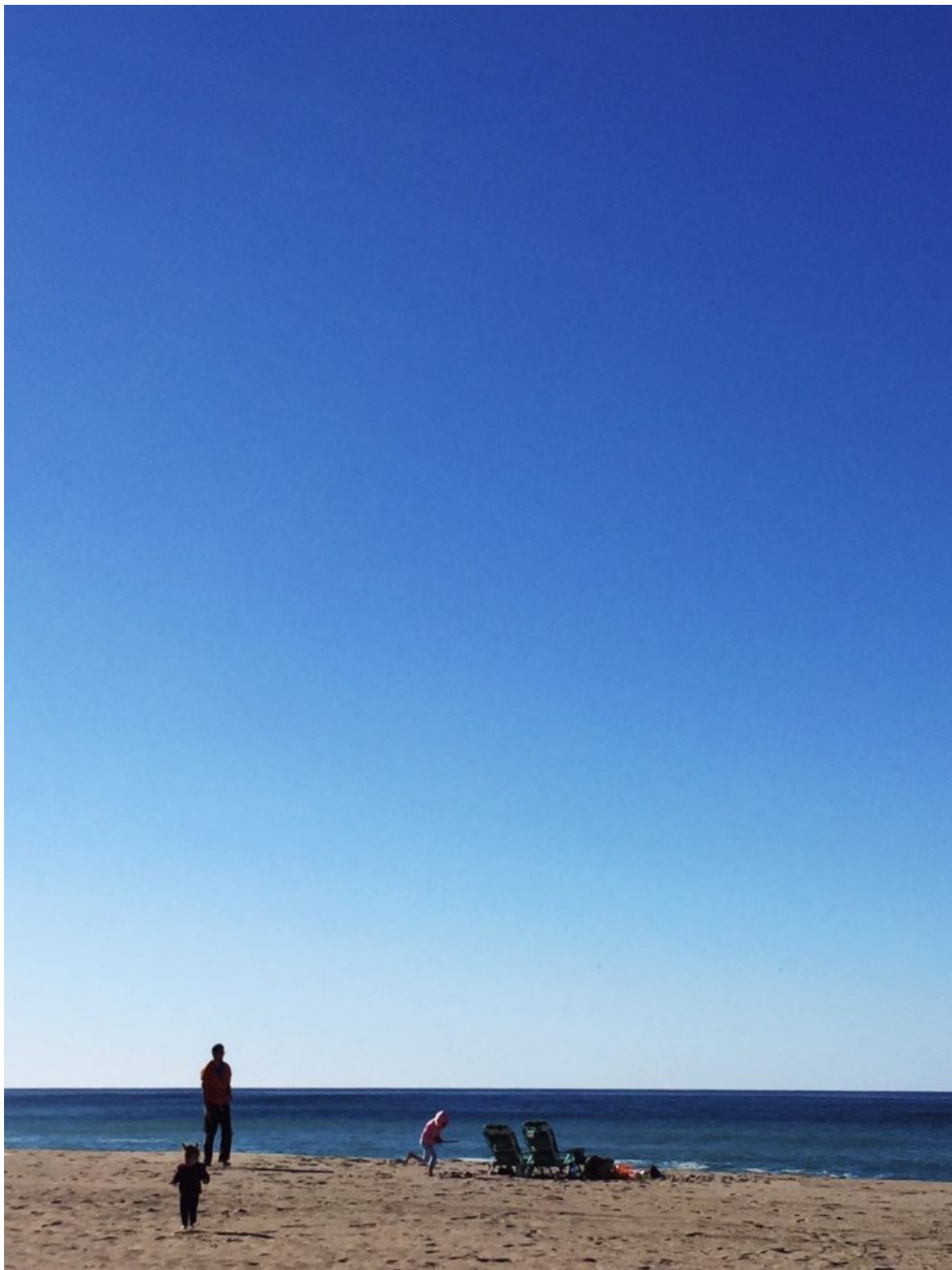




So aside from gushing about Amy, I'm here to write about one of my favorite subjects – PASTA! If you've met me you'll know already that carbs and I are besties. If I could, I'd eat pasta every single night. Back in my younger years when I was living in Chicago, my favorite dinner for myself was a giant bowl of spaghetti, dripping in sauce with layers and layers of cheese on it (most specifically, American cheese but, whatever). Because I no longer have the metabolism of a 24 year-old, I don't eat like that anymore. However, as a working parent in her late 30s with two young children, pasta certainly visits our dinner table at least once a week. In

order to assuage some of my guilt of eating pasta, I like to mix in healthier, easy proteins and vegetables. Two of my favorites are frozen kale and canned beans. This is a dish I often throw together on those later evenings when I leave work later than normal and don't have as much time to cook dinner. Feel free to omit the cream but I like the tanginess it brings to the dinner. And, if you're like me and you are looking for little more nuttiness to your pasta, go ahead and top it with mounds of Parmesan cheese. Trust me, your taste buds will thank you.





My squad in Malibu.



Me and my soul-sista, Amy from What Jew Wanna Eat

One-Pot Creamy Kale + White Bean Pasta

- 1 box whole wheat spaghetti
- 5 tbsp olive oil
- 1 small onion, finely chopped
- 4 cloves of garlic, smashed
- 1 cup frozen blue curly kale
- 1 can, Cannellini bean, rinsed
- 2 cans diced tomatoes with juice
- 3 tbsp tomato paste
- 1 cup heavy whipping cream or half and half
- 1 tbsp kosher salt + more for final dusting before serving
- 1/2 tbsp coarse ground pepper
- 1 tbsp dried basil
- 1/2 tbsp dried fennel seed

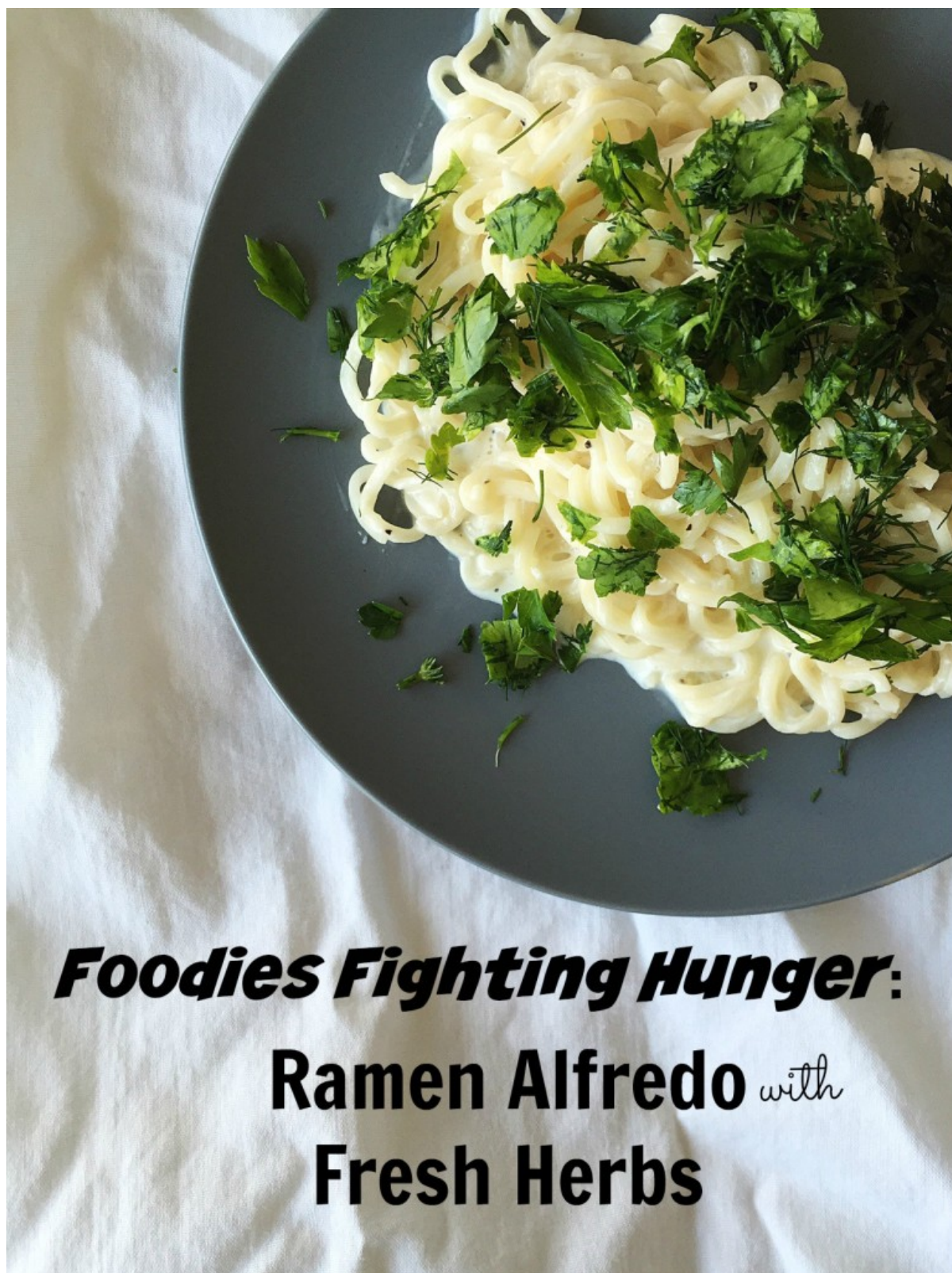
Using a large stock pot, cook pasta as indicated on the back of the package. Drain, reserving 1/2 cup of the cooking liquid. Set both pasta and cooking liquid (separately) aside.

Wipe down stock pot. Add olive oil to pot and place back on stove over a medium-high heat. Once smoking just a bit, add diced onions, garlic and kosher salt. Saute for roughly 3

minutes or until fragrant. Add pepper, basil and fennel seed to the onion and garlic mixture and saute for another minute. Next, add the diced tomatoes and tomato paste, mix and bring to a boil. Turn the heat down to low and let mixture simmer for about 5 – 7 minutes. Taste and add more salt if necessary depending on your flavor preference. After mixture has simmered for a bit, using a handheld immersion blender, blend tomato and onion mixture until semi-smooth (I like to leave mixture a bit chunky but this is my personal preference). Add in the whipping cream and stir until combined.

Next, add the beans, kale and about 3/4 of your cooked pasta back to the pot. Mix until almost combined. Add in about half of your reserved cooking liquid to help coat the pasta and allow for sauce to adhere to the pasta. Taste. Adjust seasoning to your liking. Serve hot!

Foodies Fighting Hunger: Ramen Alfredo with Fresh Herbs



Foodies Fighting Hunger:

Ramen Alfredo *with*
Fresh Herbs

Foodies fighting hunger. What's this all about? Well, a couple weeks ago I gave a little presentation/talk to a few classes at the high school I work at about blogging. During these conversations, I had mentioned a frustration I have for food/lifestyle bloggers who advocate for healthy and/or organic living but never advocate for equal access to the

resources needed to live a health/organic life (much less acknowledge the privilege it takes to live a life full of beautiful acai smoothie bowls and fresh pressed juices). And so, upon reflection, I realized I needed to walk the walk and not just talk the talk; dust off my advocacy skills, if you will. Thus, an idea was born. What if a bunch of foodies got together to acknowledge our privilege, attempt to create a recipe with only \$5 in our pocket, and spread some information on hunger/poverty issues in the US while also providing ways for you, the reader, to do a little advocacy work yourself? And what if we partnered with an incredible organization like MAZON: A Jewish Response to Hunger, which is a national nonprofit organization working to end hunger in the United States and Israel for **all faiths and backgrounds** in order to make sure we get all the facts and figures right? I'm hoping good things. That's what I'm happening will happen.

Therefore, after a few nudging emails (from me) to almost every food blogger I've ever spoken with and/or wished I have spoken with, a mighty little band of foodie advocates was born. This band of Foodies Fighting Hunger includes the following bloggers (by blog name):

The Kosher Spoon

Foodie Crush

will frolic for food

Dessert for Two

Cooking in Heels

Let's Eat Cake

Cake Over Steak

Hola Jalapeno

What Jew Wanna Eat

Kosher Like Me

Girl Versus Dough

Confident Cook, Hesitant Baker

The Bonjon Gourmet

A Nutritionist Eats

I am very much hoping this will be the first in a series of posts featuring an even wider-range of bloggers advocating for equal access to food and for putting an end to hunger and poverty. I am also appreciate the bloggers who jumped on board right away, even if they had never heard of me, because of their commitment to fight and advocate. I am also especially grateful to MAZON, especially Emily Dingmann, who not only the Communications Director at MAZON but is also the blogger behind A Nutritionist Eats.



A few things of note:

1. I do not live in a food desert. Within a 2 mile radius of where I live in Encino, CA, there is a Trader Joe's, Whole Foods, Ralph's Grocery, a large kosher grocer called, Encino Glatt Mart, and countless other

mini markets. For this post, I chose to shop at Ralph's as it is the most prevalent grocery store in Southern Los Angeles.

2. I have a kosher home, therefore, my ingredient list ran a bit more expensive than the non-kosher versions of the same ingredients. For my family and countless families across the US, keeping kosher is not a 'choice' but a religious commandment/obligation.

Hunger is as prevalent as it is pernicious. It is not restricted only to third world countries or homeless people, but has increasingly become the province of families in highly industrialized nations, including the United States and Israel. The best adjective to accurately describe the amount of food available in the United States is abundant. Hunger affects 1 out of every 7 American men, women and children and persists in this country not because of a lack of food, but because we lack the political will to end the problem by ensuring that vulnerable people have equal access to nutritious food. In California, the State my family now calls home, there are 1,776,465 households who are considered food insecure, a household-level economic and social condition of limited or uncertain access to adequate food (definition grabbed from the US Gov website). In addition, nationally-speaking, there are over 15 million children who struggle with hunger and 22% living in poverty. One of the BIGGEST myths I want to make sure is noted in this post is the myth that government programs enable 'lazy' people to live 'well' on society's dime. This is wholly inaccurate and gets my blood boiling. What a privileged way of thinking. Most folks who I hear these types of sentiments from have usually never experienced a day of food insecurity in their lives. But here's the truth,

"As the nation's economic recovery continues, government programs like SNAP (Supplemental Nutrition Assistance Program, aka food stamps) provide a vital lifeline that helps people

receive the sustenance they need to get back on their feet. 40% of households receiving SNAP benefits include at least one working person. The average benefit provided by SNAP equates to roughly \$1.40 per person per meal – hardly an extravagant amount, and certainly not enough to do anything beyond simply get by.” ~ www.mazon.org



More Hunger Facts:

- Hunger myths: there is a stark contrast between the widely held myths and realities about hunger and these myths/realities can shed some light on WHY there is hunger in America if you'd like to touch on that.
- This is Hunger stories: a unique view into the reality of who in America struggles with hunger and why
- Infographics: about hunger (general hunger, seniors, children, rural, SNAP, etc.)
- Interactive map: individual data on how many food insecure households are in your state

Advocacy Opportunities:

- Tell Congress to end hunger for military families now!
- Invest and Improve Child Nutrition Programs
- Educate others: Share this post and other posts involved in this advocacy campaign!
- Sign up to volunteer by yourself or with your family at various local food shelters
- Next time you host a holiday party or birthday party, ask friends to bring a canned good or other donate-able food item instead of a present (or with a present) . . . I love presents.



Underwood Family Farms

When deciding on the ingredients for this post, I decided on the cheap because, well, I only had \$5 to spend and I wanted to stretch every dollar. I also had to get kosher ingredients as we keep a kosher home. I had originally wanted to include a fresh veggie in the dish but after the cost of the dairy

products, I was out of money. But herbs were cheap and still green so herbs it was. I also wanted to included sauteed garlic in butter or olive oil but again, I did not have enough money for this so the only seasonings used were table salt and pepper. The following is the breakdown of the ingredients to my recipe (both kosher and non-kosher cost).

	Kosher:	Non-Kosher:	
			Ramen
	\$.99	\$.39	
Milk	\$1.79	Same	
			Cream Cheese
	\$1.99	Same	
Dill	\$.25	Same	
Parsley	\$.25	Same	

So my kosher total was \$.5.27 and my non-kosher total is just under \$5, coming in at \$4.67. The two items I have yet to calculate are salt and pepper, which would set me back even more but I picked up some free salt and pepper packets at the deli counter so, BINGO! Luckily, this recipe included ingredients that weren't vastly different when it came to cost but that is mainly because I didn't include any real cheese or meat products, which, of course, make every recipe much more expensive regardless of whether or not the dish is kosher or not.



The family, picking veggies for fun.

[amd-zlrecipe-recipe:27]

15 Delicious + Decadent Mac n' Cheese Recipes



Shalom. My name is Whitney and I am a cheese-aholic. I love cheese so much. I love it cold, melted, on a sandwich, smothered over fries, shredded over a salad and/or sprinkled (heavily) over some delicious pasta. I'll eat American "cheese" too. Really, I'm no cheese snob. My love of cheese knows no bounds. When I decided to start keeping kosher, I realized there would be meal decisions in which I was faced with making a choice between meat or cheese (come on, it's no contest. Cheese wins every time). I had to reckon with the fact that there would even be times when these types of decisions would be made for me by whomever's house I was

visiting for a meal and if they decided to go meat, well, I would have to say “good bye” to my beloved cheese for at least 6 hours (read why here).

Now that it's been a solid 4 years since deciding to go “kosher”, the things or situations I was initially concerned about are no longer on my mind. Kosher is so ingrained in our everyday life that I don't miss cheeseburgers or cheesesteaks (too much . . . and neither does my cholesterol level). But, the one meal in which I miss my cheese is the Thanksgiving meal. In true Southern style, my dad's family used to have the turkey, the dressing, the dinner rolls and a table completely dedicated to casseroles all scattered, covered and smothered in cheese. Gd bless my Southern family. Every year I would haul over to that casserole table and set up camp for hours. So since there is no cheese-laden table at my kosher Thanksgiving feast, I've decided to start dedicating Christmas Eve to that dish that is so revered in my mind . . . Macaroni and cheese. Macaroni and cheese represents all that is good and holy about casseroles, in my mind, so as a late Chanukkah/early Christmas gift, I bring to you an ooey, gooey, macaroni and cheese recipe round-up. Break out your Tums y'all, it's going to be a glorious night.



Jeanette's Healthy Living

1. Creamy Smoked Gouda Macaroni and Cheese Recipe {Gluten-Free}



Alida's Kitchen

2. Lighter Stove-top Mac and Cheese



i heart eating

i heart eating

3. {Secret Ingredient} Baked Macaroni & Cheese



Butternut Squash Mac & Cheese

Nosh and Nourishment

4. Butternut Squash Mac & Cheese



Kitchen Treaty

5. Southwest Mac & Cheese with Optional Chicken



Diethood

6. Oven Baked Macaroni and Feta Cheese



What Jew Wanna Eat

7. Kale and Mushroom Quinoa Mac and Cheese



Jewhungry

8. Decadent White Cheddar Mac n' Cheese



Julie's Eats & Treats

9. Crock Pot Mac & Cheese



This American Bite

10. Dairy-Free Mac n' Cheese (w/cashew cream sauce)



The Noble Pig

11. Food Truck Mac n' Kim-Cheese



A Cedar Spoon

12. Baked Mac & Cheese with Panko Breadcrumbs



Putting It All on the Table

13. Grown Up Mac n' Cheese



Persnickety Plates

14. Pepperjack Stove Top Macaroni and Cheese



Jenni Field's Pastry Chef Online

15. Grand Ewe with Pine Nuts, Golden Raisins and Macaroni