

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## **Pasta with Greens, Raisins and Pine Nuts**

*[The Real Food Diet Cook Book, by Dr. Josh Axe]*

### **Ingredients:**

- 1/3 cup dark raisins or craisins
- ½ cup warm water
- 4 medium onions, sliced
- 4 cloves garlic, minced
- 1 tbsp coconut oil
- ¼ tsp stevia, or to taste
- 12 oz kale leaves, torn
- ½ cup vegetable or chicken broth
- ½ tsp sea salt
- freshly ground pepper to taste
- 12 oz sprouted grain or brown rice pasta, cooked and warm
- 2 tbsp pine nuts or slivered almonds

### **Directions:**

- Soak raisins in warm water for 20 minutes.
- Heat oil in large skillet over medium heat and sauté the onions and garlic until tender, about 3-5 minutes.
- Stir in stevia and reduce heat to low. Cook, stirring occasionally, for another 10-15 minutes.
- Add kale and broth to the onion mixture. Cover and cook over low heat until the kale is wilted, about 10 minutes.
- Stir in raisins and season with salt and pepper. Spoon mixture over pasta and toss. Garnish with pine nuts.
- Add rotisserie chicken.