

### Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

#### 3-INGREDIENT PAST & MORE

This quick and easy pasta dish with fettucini or other pasta of your choice, a little dry white wine, and fresh lemon juice comes together in about 20 minutes. Toss in veggies and cooked protein like grilled chicken or pork and call it dinner. Make sure you use fresh ingredients for the best flavor.



## 3-Ingredient Pasta & More

4 servings  
20 minutes

### Ingredients

8 ozs Brown Rice Fettuccine (or other pasta of your choice)  
4 fl ozs Wine (dry, white)  
2 tbsps Ghee (or butter, unsalted)  
1/4 tsp Sea Salt (or Kosher salt, to taste)  
1/4 cup Nutritional Yeast (or parmesan cheese, to taste)  
2 tbsps Extra Virgin Olive Oil  
4 cups Kale Leaves (finely chopped)  
1/2 cup Pitted Kalamata Olives  
1 tbsp Lemon Juice

### Directions

- 1 Bring a large pot of salted water to a boil. Cook the pasta according to the directions on the package until al dente. Once the pasta is cooked, reserve 1/2 cup of the cooking water, drain the pasta and run cold water over the pasta to prevent over-cooking. Set aside.
- 2 Bring the wine to a simmer in a large skillet over medium heat. Simmer until reduced by about half, 1 to 2 minutes. Add the reserved pasta water, ghee (or butter), and salt, and bring to a boil. Add the pasta, then toss to coat with the sauce. Remove from the heat and stir in the nutritional yeast or cheese. Serve immediately or set aside for step 3.
- 3 Variation: In the same pot used for the pasta, heat the olive oil and add the kale and olives and cook over medium heat for 3 to 4 minutes, until the kale is soft. Add the lemon juice and serve as a side or add the pasta back to the pot along with the lemon juice. Salt to taste and toss to combine. Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add minced garlic or chili flakes.

**Additional Toppings:** Use side dish in step 3 and top pasta with your favorite protein like bacon, prosciutto, shredded chicken, or an egg.

**No Brown Rice Fettuccine:** Use your favorite type of noodle instead.

**No Nutritional Yeast:** Use parmesan or dairy-free cheese instead.