

Matchstick Pasta

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pomegranate-and-pistachio-turkish-delight-recipe>

Ingredients:

- 8 ounces spaghetti or whole grain linguine
- 2/3 cup pistachios toasted
- 1 clove garlic smashed and chopped
- 1/4 teaspoon fine grain sea salt
- 1/4 cup extra virgin olive oil
- 1 bunch kale washed, de-stemmed and chopped into bite-sized pieces
- 1 pomegranate just the seeds*

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 73 grams
3. Fat: 26 grams
4. Fiber: 9 grams
5. Protein: 16 grams
6. SaturatedFat: 3 grams
7. Sodium: 200 milligrams
8. Sugar: 13 grams

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