

Creamy Penne with Salmon, Kale, and Goat Cheese

If you find yourself shying away from buying fish because you're afraid of wasting leftovers, shy no more—here's a quick, creamy dish that makes second-day salmon worth saving. If you're buying fish just for this recipe, buy a bit less than 1/2 pound and cook it while the pasta water comes to a boil.

You can use fresh or canned, peeled tomatoes for this recipe.

TIME: 15 minutes active time

MAKES: 2 servings

2 cups whole wheat penne, or other bite-sized pasta
1 tablespoon olive oil
1/2 bunch (about 1/4 pound) kale, chopped
2 tomatoes, chopped
Salt and freshly ground pepper
1/2 cup heavy cream
2 loosely packed cups flaked leftover salmon
3 ounces goat cheese, crumbled

Put a pot of salted water on for the pasta. When the water boils, cook *al dente* according to package instructions.

When the pasta goes in, heat the oil over medium heat in a large sauté pan. Add the kale, and cook, stirring, until the kale is wilted, 5 minutes or so. Add the tomatoes, season with salt and pepper, and cook, stirring occasionally, until the tomatoes have lost most of their water. Add the cream and salmon, and simmer on the lowest heat.

Drain the pasta, reserving about 1/2 cup pasta water. Add the pasta to the salmon mixture, along with a bit of the water (more if you'd like a looser sauce) and the goat cheese, and stir over low heat until the mixture is warmed through and cheese is melted. Serve hot, with freshly ground pepper.