

# Garlicky Kale Mac and Cheese

*from the Delish Kitchen  
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**Servings: 10**

*2 tablespoons extra-virgin  
olive oil  
4 cloves garlic, grated  
2 bunches lacinato kale,  
ribbed and roughly chopped  
1/4 teaspoon freshly ground  
black pepper  
1 teaspoon hot pepper  
flakes  
4 cups water  
1 pound shells  
10 ounces Velveeta, cut into  
1/2-inch cubes*

**Preparation Time: 10 minutes**

In a 7.25 quart Dutch oven over medium heat, heat the olive oil. Once glistening, add the garlic. Cook until fragrant, about 30 seconds. Add the kale and stir to coat in olive oil and garlic.

Season with pepper. Stir in the hot pepper flakes. Add water and bring to a boil.

Once boiling, add the shells. Cook, stirring occasionally, for 4 minutes less than package instructions.

Add the cubed Velveeta and stir until the pasta and kale become creamy and cheesy, about 5 minutes. Taste and add more seasoning if desired.

Remove from the heat. Serve.

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Per Serving (excluding unknown items): 168 Calories; 13g Fat (67.1% calories from fat); 9g Protein; 6g Carbohydrate; trace Dietary Fiber; 35mg Cholesterol; 730mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 2 Fat; 1/2 Other Carbohydrates.