

Kale and Tomato Pasta Sauce

Number of servings: 4

Preparation time: 15 minutes

Total time: 30 minutes

Ingredients:

- 6 oz. whole grain spaghetti
- 2 tablespoons olive oil
- 1 red onion, chopped
- 3-4 cloves garlic, minced
- 1 bunch of kale, stems removed and leaves torn
- Salt and pepper to taste
- 1 28 oz can chopped tomatoes
- 1 14 oz can white beans, rinsed
- 1/4 cup parmesan cheese, grated

Equipment Needed:

Cutting board
Knife
Large non-stick skillet
Wooden spoon
Measuring spoons and cup
Large pot
Colander/strainer

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Directions

- Cook the pasta according to the package directions. Reserve 1/4 cup of the cooking water; drain the pasta and return it to the pot.
- Meanwhile, heat the oil in a large skillet over medium-high heat. Add the onion, garlic, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Cook, stirring occasionally, until beginning to brown, 4 to 5 minutes.
- Add the kale in batches and cook, tossing frequently, until tender, 3 to 4 minutes. Add the tomatoes and cook, tossing frequently, until the tomatoes begin to soften, 2 to 3 minutes more. Add the white beans and cook 3 minutes more, stirring.
- Add the kale mixture, parmesan, and reserved cooking water to the pasta and toss to combine. Serve with additional parmesan if desired.

Nutrition Facts

Serving Size: 1 cup

Servings: 4

Amount Per Serving

Calories 408 %Calories from Fat 20

%Daily Value*

Total Fat 10g 15%

Saturated Fat 2g 10%

Cholesterol 4mg 1%

Sodium 404mg 17%

Total Carbohydrate 68g 23%

Dietary Fiber 11g 45%

Protein 1116g 32%

Vitamin A 54% Vitamin C 85%

Iron 34% Calcium 25%

*Percent Daily Values are based on a 2,000 calorie diet.

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