

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

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 ore, stirring
- Add the kale mixture, parmesan, and reserved cooking water to the pasta and toss to combine. Serve with additional parmesan if desired.

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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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