

Eat Smart • Move More

Kale and Tomato Spaghetti

Prep Time: 15 minutes

Total Time: 30 minutes



Ingredients

- 6 ounces whole grain pasta
- 2 tablespoons olive oil
- 1 onion, chopped
- 4 garlic cloves, minced
- ¼ teaspoon ground black pepper
- 1 bunch of kale, torn
- 28 ounces canned low-sodium diced tomatoes
- 14 ounces canned low-sodium northern beans
- ¼ cup reduced fat grated Parmesan cheese

Directions

- Cook the pasta according to the package directions. Reserve ¼ cup of the cooking water. Drain the pasta and return it to the pot.
- Meanwhile, heat the oil in a skillet over medium-high heat. Add the onion, garlic, and black pepper. Cook for about 4-5 minutes, until beginning to brown, stirring occasionally.
- Add the kale in batches and cook, tossing frequently, until tender, about 3-4 minutes.
- Add the tomatoes and beans. Cook for 3-5 minutes, stirring occasionally, until heated through.
- Add the kale mixture, cheese, and reserved cooking water to the pasta and stir to combine.

Nutrition Facts

4 servings per container	
Serving size	1 serving (415.55g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 290mg	13%
Total Carbohydrate 64g	23%
Dietary Fiber 15g	54%
Total Sugars 10g	
Includes g of Added Sugars	
Protein 18g	
Vitamin D 0mcg	0%
Calcium 236mg	20%
Iron 6mg	35%
Potassium 952mg	20%
*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Quick Tips

- ▶ Always wash produce before cutting.
- ▶ If you do not have kale available, try substituting with other greens, like spinach or Swiss chard.
- ▶ 1 bunch of kale is about 1 pound.

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(Recipe adapted from: <http://bellalimento.com>.)

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