

# 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	
<b>Serving size</b>	<b>1 serving (415.55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>390</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>2%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 64g	<b>23%</b>
Dietary Fiber 15g	<b>54%</b>
Total Sugars 10g	
Includes g of Added Sugars	
<b>Protein</b> 18g	
Vitamin D 0mcg	<b>0%</b>
Calcium 236mg	<b>20%</b>
Iron 6mg	<b>35%</b>
Potassium 952mg	<b>20%</b>
*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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