

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 ore, 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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The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program—SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

2013

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