

Kale and White Bean Pasta

INGREDIENTS

2 Tbsp. olive oil
1 cup diced onion
2 cloves garlic, minced
½ tsp. red pepper flakes, crushed
2½ pounds kale, chopped into one-inch pieces
2 cups fresh or canned tomatoes, chopped
1½ cups vegetable broth
Salt and freshly-ground black pepper, to taste
2 cups canned or cooked great northern beans
¾ oil-cured black olives, pitted and coarsely chopped
1 12-oz. package pasta (gluten free penne regatta)
¼ cup grated Parmesan cheese (optional)

DIRECTIONS

In a large heavy-bottomed skillet over medium high heat, heat the oil and sauté the onion about five minutes, until softened. Add garlic, pepper flakes, and half of the kale and cook about two minutes, stirring occasionally, until the greens are wilted and the garlic is fragrant.

Add remaining kale, tomatoes, and salt to taste, then cover and bring to a boil. Reduce heat to medium and cook until soupy, about 15 minutes, stirring occasionally. Add beans and olives, stirring to combine.

Cook pasta in a pot of boiling salted water according to package directions. When al dente, drain pasta and add it to the kale mixture. Cook about two minutes over medium heat, then sprinkle with Parmesan, if using, season to taste with salt and pepper, and serve.

Serves 8.

Read more: <http://www.care2.com/greenliving/tuscan-kale-and-white-bean-pasta.html#ixzz1c6vBvERC>