



Rotini and White Beans with Kale

Recipe Source: Katie Ferraro, ACE Fitness

Servings: 2

Ingredients:

- 12 oz whole wheat rotini
- 1 lb kale or other dark green leafy vegetable
- 1 Tbsp olive oil
- 1 clove garlic, minced
- ¼ tsp crushed red pepper
- 1 (15 oz) can low-sodium white beans, rinsed and drained
- 2 Tbsp lemon juice

Steps:

- Fill a large saucepan with water and heat to boiling. Add rotini and cook 9-11 minutes, or according to package directions, until pasta is al dente (still firm to the bite).
- Meanwhile, rinse greens thoroughly and cut away the ribs and stems. Snip ribs and stems into 1-inch pieces and leaves into 2-inch pieces.
- Heat olive oil in large skillet over medium heat. Add garlic and crushed red pepper. Cook for 30 seconds, just until fragrant.
- Stir in greens and beans. Cover and cook for 2-3 minutes or until greens begin to wilt. Uncover and cook for an additional 5 minutes, adding a bit of water if mixture is drying out.
- Drain pasta, reserving cooking water. Return pasta to saucepan and stir in greens and bean mixture. Add lemon juice. Add pasta water, ¼ cup at a time, if mixture is dry.

Tips from the Test Kitchen: For extra color, try adding diced red pepper along with the kale and beans, or stir in fresh tomatoes with the pasta.

Nutritional Facts: Calories: 673, Carbohydrates: 118 grams, Protein: 36 grams, Total Fat: 13 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 817 mg, Fiber: 25 grams, Total Sugars: 8 grams.