

White Beans and Rigatoni

This recipe makes five servings

8 ounces of rigatoni or large tube pasta

1/2 cup of chopped onion

1 garlic clove, minced

1 tablespoon olive oil

1 package (8 ounces) sliced fresh mushrooms

1 can (15 ounces) white kidney or cannellini beans, rinsed and drained

1 can (14 and 1/2 ounces) diced tomatoes, undrained

2 tablespoons minced fresh sage

1/4 teaspoon pepper

2 cups chopped kale

1/4 cup shredded Parmesan cheese

- Cook pasta according to package directions
- In a large saucepan, saute onions and garlic in oil until tender
- Add mushrooms, stir, and cook about 5 minutes longer or until mushrooms are almost tender
- Stir in the beans, tomatoes, sage, salt and pepper, and bring to a boil
- Reduce heat, simmer, uncovered for 5 minutes
- Stir in the kale and return to boil
- Cover and cook for 3-4 minutes or until kale is wilted and tender
- Drain pasta; add to bean mixture and heat through
- Sprinkle with Parmesan cheese

Nutrition per serving: Calories (319); Fat (6g); Cholesterol (3g); Sodium (537mg); Carbohydrates (55g); Fiber (8g); Protein (14g)