

Tomato and Kale Pasta



Servings: 8

Serving Size: 3/4 Cup

Nutrition Information:

21g carbohydrates

154 calories

6g fat

1g saturated fat

4mg cholesterol

177mg sodium

4g fiber

6g protein

3g sugar

Ingredients:

2 cups baby kale

1/2 cup basil leaves

1/3 cup canned reduced sodium
garbanzo beans

1 1/2 oz. parmesan cheese, finely shredded

2 tbsp. lemon juice

2 tbsp. olive oil

3 cloves garlic, quartered

1/2 tsp. kosher salt

1/2 tsp. black pepper

6 oz. whole grain penne pasta

3 cups seeded and chopped tomatoes

Shaved parmesan cheese (optional)

Directions:

1. For pesto, in a food processor combine the kale, basil, garbanzo beans, parmesan cheese, lemon juice, olive oil, garlic, salt, and black pepper. Cover, pulse, and mix until finely chopped.
2. Meanwhile, cook pasta according to package directions. Drain well.
3. Stir pesto into hot pasta; fold in tomatoes. If desired, top with shaved parmesan. Serve warm or at room temperature.