



# HEALTHY COOKING

## Whole Wheat Pasta w/ Kale Pesto

### Ingredients

- 1 (16-ounce) package whole wheat pasta
- 3 Tablespoons Olive Oil
- 1 teaspoon dried oregano
- 1 teaspoon dried red pepper flakes
- 3 large cloves garlic
- 2 pounds (1/2 large bunch) kale
- 1/2 Cup Water
- 1/4 Cup Parmesan Cheese, grated
- 1 Red Pepper, sliced thinly
- 1 (15½-ounce) can great northern beans, rinsed
- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- 1 Lemon, cut in half

### Directions

1. Cook pasta following package directions. Set aside.
2. While pasta is cooking, peel and mince garlic.
3. Rinse Kale, more than once if needed to remove all grit. Remove tough stems. Chop coarsely.
4. In a large skillet over medium-low heat, heat oil. Add garlic, oregano and red pepper flakes.
5. Add Kale and toss quickly to slightly wilt. Cook until kale is just tender.
6. In a food processor, add cooked kale and 1/4 cup water. Pulse until a smooth sauce is created. Add 1/4 cup of grated Parmesan cheese to processor and pulse to incorporate.
7. In a large saute pan, add 1 TBS oil and saute Red Pepper. Add cooked pasta, kale pesto and rinsed beans. Heat through and add salt and pepper to taste. Squeeze lemon juice just before serving.

**Serving Size:** Serves 4

Prep Time: 15min Total Time: 15min

**Nutritional Facts:** Calories 410 | Carb 12g | Fat 5g | Protein 15g | Sugar 2g | Fiber 10g



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