

Farfalle with Sausage, Cannellini Beans, and Kale



Ingredients:

8 ounces uncooked farfalle (bow tie pasta)
1/4 cup oil-packed sun-dried tomatoes
1 1/2 cups chopped onion
8 ounces hot turkey Italian sausage
6 garlic cloves, minced
1 teaspoon dried Italian seasoning
1/4 teaspoon crushed red pepper
1 (14-ounce) can fat-free, less-sodium chicken broth
1 (16-ounce) package fresh kale
1 (15-ounce) can cannellini beans, rinsed and drained
1 ounce shaved fresh Parmesan cheese (about 1/4 cup)

Preparation

Cook pasta according to package directions, omitting salt and fat. Drain, reserving 1 cup cooking liquid; keep warm.

Drain tomatoes in a small sieve over a bowl, reserving 2 teaspoons oil; slice tomatoes. Heat a large Dutch oven over medium heat. Add sliced tomatoes, reserved 2 teaspoons tomato oil, onion, and sausage to pan; cook 10 minutes or until sausage is browned, stirring to crumble. Add garlic to pan; cook 1 minute. Add seasoning, pepper, and broth to pan. Stir in kale; cover and simmer 5 minutes or until kale is tender. Stir in pasta, reserved 1 cup cooking liquid, and beans