

White Beans, Greens and Penne Pasta

12 ounces whole wheat penne pasta	1 15-ounce can cannellini beans, drained and rinsed
8 cups packed kale leaves (stems discarded)	¼ teaspoon salt
4 garlic cloves, minced	2 tablespoons lemon juice
1 ½ teaspoons dried rosemary	½ grated fresh parmesan cheese
½ teaspoon red pepper flakes	

Cook pasta according to package directions. When pasta is almost tender, add kale and cook 1 minute until pasta and kale are tender; drain. Heat oil in a large skillet over medium-high heat. Add garlic, rosemary and red pepper; cook 2 minutes or until spices are fragrant. Add beans; cook 2 minutes or until thoroughly heated. Combine pasta mixture, bean mixture, lemon juice and parmesan cheese; toss well.