

Farfalle with Sausage, Cannellini Beans and Kale

From – myrecipes.com

8 oz uncooked farfalle (bow tie pasta)
¼ cup oil-packed, sun-dried tomatoes
1 ½ cups chopped onion
8 oz hot turkey Italian sausage
6 garlic cloves, minced
1 tsp dried Italian seasoning
¼ tsp crushed red pepper
1 (14 oz) can fat-free, less-sodium chicken broth
1 bunch kale
1 (15 oz) can cannellini beans, drained & rinsed
1 oz shaved fresh Parmesan cheese (about ¼ cup)

- 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 tsp oil. Slice tomatoes.
- Heat a large Dutch oven over medium heat.
- Add sliced tomatoes, reserved 2 tsp 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.



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