

**TUSCAN WHITE BEANS AND KALE**

Here’s another recipe from Engine 2. Take a trip to Tuscany - in no time at all! This throw-it-together dinner is a great go-to meal for those nights when you want something comforting, nourishing and quick. Protein-rich white beans, whole-grain pasta and superfood kale make up the tasty basics here. With garlic and a dash of salt and pepper, the simple flavors of this dish can really shine! Makes 1 medium serving.

**Ingredients:**

* 1 cup whole wheat or gluten free pasta
* A little purified water for ‘frying’
* 1/8 onion, chopped
* 1 garlic clove, minced or finely chopped
* ½ can cannellini beans (white kidney beans)
* 1 tsp. Italian seasoning blend
* 1 tomato, diced
* 2 cups kale, chopped
* Optional: olive oil to taste (Don’t cook with it just add a tsp. for flavour at the end.)
* Sea salt and pepper to taste

**Method:**

1. Cook the pasta according to the directions on the box.
2. In a medium pot, add water and heat to medium low.
3. Add onions and cook for 8 minutes until translucent.
4. Add garlic and cook for another minute.
5. Add beans, Italian seasoning, tomato and simmer for 5 minutes.
6. Add kale and simmer for an additional 5 minutes.
7. Plate the pasta and top with the bean mixture.
8. Add sea salt, pepper and a dash of tasty olive oil as desired.

Note: heating oils and exposing them to air and sunlight changes the molecular structure which can turn a healthy oil into an unhealthy oil. So, if you are going to use oils, store in dark glass bottles and add after cooking for flavour.