

# **Pasta Shells with Garlicky Kale**

From the American Institute for Cancer Research Test Kitchen

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## **Ingredients**

- 1 Tbsp. extra virgin olive oil
- 5 cloves garlic, minced
- ¼ tsp. red pepper flakes (or to taste)
- 10-12 oz. (10-12 cups, loosely packed) pre-washed baby kale, coarsely chopped
- ½ cup vegetable broth
- Salt and freshly ground black pepper, to taste
- 8 oz. small whole-wheat pasta shells, cooked to package directions
- 1 Tbsp. Parmesan cheese

## **Instructions**

1. Heat oil in large skillet over medium heat. Sauté garlic with red pepper about 2 minutes.
2. Stir in about half the greens, broth, and season to taste with salt and pepper. Increase heat to medium-high, cover, and cook until greens wilt, about 3 minutes. Stir in remaining greens, cover, and cook an additional 12 minutes or until greens are tender. Stir occasionally.
3. Place cooked, drained pasta in saucepan. Add greens mixture and gently toss until well combined.
4. Sprinkle with cheese and serve.

*Makes 4 servings (1 ½ cups per serving)*

## **Nutrition information per serving:**

Calories	302
Carbohydrate	56 g
Dietary Fiber	7 g
Protein	13 g
Total Fat	6 g
Saturated Fat	1 g
Sodium	264 mg



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