

MAKE A GREAT PLATE.

Cook linguine and sauce in one pan for lots of flavor, fewer dishes.

One-Pot Pasta

INGREDIENTS

12 oz. **whole-grain linguine**

4 cups no-salt-added

vegetable broth

1 tbsp **olive oil**

3 cups frozen chopped **kale**

1 can (28 oz.) diced **tomatoes**

2 cloves **garlic**, minced

2 tsp each **dried basil**

and **oregano**

salt to taste

¼ cup **Parmesan cheese**



DIRECTIONS

In a large soup pot, add all ingredients except cheese. **Ensure** all ingredients are submerged in broth. **Cover** with lid. **Heat** on high until boiling, then reduce to medium heat. **Simmer** without lid 10-12 minutes, or until pasta is cooked and most of the liquid is absorbed. **Garnish** with Parmesan.

Makes 6 Servings. Each: 271 calories • 10g protein • 5g total fat • 47g carb • 5g sugar • 8g fiber • 387mg sodium