



TUSCAN *Chicken Pasta*

PREP
5 min

COOK
10 min

TOTAL
15 min

YIELD
4 servings

Ingredients

- 8 ounces whole grain pasta (such as linguine or fettuccine)
- 2 tablespoons extra virgin olive oil plus more for garnish
- 3 cloves garlic, minced
- 1 pint grape or cherry tomatoes
- 1 bunch kale, chopped (approx. 4 cups, packed)
- 2 cups cooked chicken, chopped (or 1 15-ounce can cannellini beans, drained and rinsed)
- ½ teaspoon dried basil
- ½ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 1 ounce shredded Parmesan cheese

Directions

- 1** Prepare pasta according to package instructions. After draining cooked pasta, drizzle with olive oil and toss to prevent sticking.
- 2** After draining cooked pasta, drizzle with olive oil and toss to prevent sticking.
- 3** Add tomatoes and cook for 3 minutes, until tomatoes begin to burst.
- 4** Add kale, chicken, basil, salt, and pepper and cook until kale is wilted and chicken is heated through, 2-3 minutes.
- 5** Add pasta to pan and toss to combine. Sprinkle with Parmesan and serve warm.