Rotini and White Beans with Collard Greens

By Katie Ferraro, MPH, RD, CDE

Servings: 5

Ingredients	Nutrient value per serving Serving Size = (1½ c.)
12 oz. whole-wheat rotini 1 lb. collard greens 1 T. olive oil 1 clove garlic, minced ¼ t. crushed red pepper 1 15-oz. can low-sodium white beans, rinsed and drained 2 T. lemon juice	Exchanges .....4 starch ..... 2 vegetable ..... 2 protein Calories.....460 Calories from Fat.....18 Total Fat.....2 g Saturated Fat .....½ g Cholesterol.....0 mg Sodium.....235 mg Carbohydrate .....90 g Fiber.....6 g Sugar ..... 2 g Protein.....23 g
Instructions	**Notes**
1. Fill large saucepan with water and place over high heat. When water boils, add rotini and cook for 9–11 min. or per box instructions. 2. Rinse collard greens thoroughly. Cut ribs and stems from greens. Snip ribs and stems into 1-in. pieces; cut leaves into 2-in. pieces. 3. Heat olive oil in large skillet over medium heat. Add garlic and crushed red pepper; cook for 30 sec. Add greens and beans. Cover and cook for 2–3 min. or until greens begin to wilt. Uncover and cook for an additional 5 min. 4. Drain pasta, reserving ¼ c. cooking water. Return pasta to saucepan and stir in greens and bean mixture with lemon juice. If mixture seems dry, add reserved cooking water.	Prep and cook time: 30 min. Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change. Substitute any green—like kale or Swiss chard—for the collards, or any type of whole-wheat pasta in place of rotini.