

Grace's Easy Green Pasta

Ingredients

- 1 lb of brown rice pasta (we love Jovial and Tinkyada!)
- 5 or 6 big leaves of kale
- 1/2 to 1 head of broccoli
- 1 bunch of broccoli rabe
- 2-3 cloves of fresh garlic
- 1 can or 1.5 cups of pinto, northern or cannellini beans
- Cashew parmesan or parmesan
- Himalayan salt
- Olive oil
- Red chili pepper flakes

Preparation

- Heat a pot of filtered water, salted with good salt.
- Meanwhile, trim the tough ends off the broccoli rabe. Pull the leaves of the kale off the stems and tear into bite-sized pieces. Set aside. Trim the broccoli florets from the stalks. Slice your kale stems and broccoli stalks (minus the tough ends) into thin, small pieces.
- When the water is at a rolling boil, throw in the broccoli rabe and broccoli, as well as the cut up stems (save the kale leaves for later). Allow these to boil for about 5 minutes, until the stems are tender. Use a

hand-held strainer to strain the vegetables out of the water, set aside.

- Throw pasta into the boiling water, stirring once.
- Separately, gently heat a cast iron skillet. Add olive oil. Dice up your garlic and add to the oil. Don't burn the garlic! Add the chili flakes. Add your strained beans and your broccoli, broccoli rabe, sliced stems and stalks to the skillet. Stir and saute for about 5 minutes, until all is tender. Mix in a little more oil + pasta water as you saute.
- When the pasta is ready, strain and immediately mix the skillet's contents in with the pasta, adding in the thinly sliced kale leaves. Stir until the kale wilts. Stir in parmesan + chili flakes and enjoy!