

BLACK BEAN FETTUCCINI with KALE, CHICKPEAS & TOMATOES

INGREDIENTS

- 12 oz** Mini Black Bean Fettuccini (**TOLERANT**)
- 1 bunch** Kale (stem removed) (finely sliced)
- 1 C** Chickpeas (rinsed) (drained)
- 12** Tomatoes (cherry) (halved)
- 3 cloves** Garlic (minced)
- 1/4 C** Extra virgin olive oil
- 1/2 t** Red pepper flakes
- Salt & pepper (to taste)
- 2 T** Lemon juice



DIRECTIONS

- 1 Boil Mini Black Bean Fettuccini in lightly salted water for 6 to 7 minutes or according to the **TOLERANT** packaging instruction
- 2 While Mini Black Bean Fettuccini is boiling, heat a large pan with olive oil
- 3 Add garlic & red pepper flakes & saute till garlic turns translucent
- 4 Add kale, chickpeas & tomatoes
- 5 Cook till kale is wilted (2-3 minutes)
- 6 Drain Mini Black Bean Fettuccini & add it to the pan
- 7 Season with salt & pepper & stir to combine
- 8 Turn off heat & stir in lemon juice

