

# Garlicky Cherry Tomato Pasta with White Beans

Prep: 10 minutes • Cook: 15 minutes

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*Burst cherry tomatoes, garlicky shallots, briny olives, and creamy white beans toss with pasta for a vibrant, weeknight-friendly dish that's light yet satisfying. Bright, savory, and nourishing with gentle heat and optional vegan parmesan for extra depth.*

## Ingredients

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- 3 Tbsp olive oil
- 5 medium cloves garlic (sliced)
- 1 small shallot (minced)
- 4 cups cherry tomatoes
- 1/2 cup water (or sub white wine for more flavor)
- 1/2 tsp red pepper flakes
- 1/2–3/4 tsp sea salt
- 12 oz package pasta (gluten-free as needed)
- 1/2 bunch kale (large stems removed, leaves thinly chopped)
- 15 oz can white beans (drained and rinsed)
- 1/2 cup kalamata olives (chopped)
- 1/2–3/4 cup pasta water (reserved from cooking pasta)
- optional vegan parmesan cheese (for serving)

## Instructions

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1. Bring a large pot of salted water to a boil over medium-high heat for the pasta.
2. Heat a large rimmed skillet over medium heat. Add olive oil, sliced garlic, and minced shallot; sauté a few minutes until translucent and fragrant.
3. Add cherry tomatoes, water (or white wine), red pepper flakes, and sea salt. Stir to coat, cover, and cook about 5 minutes until tomatoes begin to burst.
4. Once the pasta water is boiling, add pasta and cook according to package directions. Reserve 3/4 cup (180 ml) pasta water, then drain.
5. Remove the lid from the tomatoes and add chopped kale (wait to add if using arugula or spinach until the last minute), drained/rinsed white beans, and chopped kalamata olives. Sauté ~5 minutes until most liquid has evaporated.
6. Add 1/2 cup (120 ml) reserved pasta water to the skillet and simmer 1-2 minutes to create a light sauce.
7. Add cooked pasta to the sauce and toss to coat, adding more reserved pasta water as needed so the pasta is lightly

sauced.

8. Taste and adjust seasoning, adding more salt to taste or red pepper flakes for heat.

9. Serve warm with optional vegan parmesan cheese.

10. Store leftovers in an airtight container in the refrigerator for 4-5 days. Reheat in the microwave or in a saucepan. Not freezer friendly.

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**Tags: Pasta, Vegan, Italian Inspired, Quick & Easy, High Fiber, Weeknight**

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