In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.

Add broth, white beans, and tomatoes; stir to combine.

Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.

Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.

Refrigerate leftovers within 2 hours.
You know you need physical activity to stay healthy. But did you know it can help you feel better right away?

Boost your mood  Sharpen your focus  Reduce your stress  Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

**Moderate-intensity aerobic activity**
Anything that gets your heart beating faster counts.

![Activity icons](icons)

- Ride a bike
- Swim
- Walk
- Dance
- Do yard work
- Use an exercise machine

**Muscle-strengthening activity**
Do activities that make your muscles work harder than usual.

![Activity icons](icons)

- Lift weights
- Do push-ups
- Carry a backpack
- Climb stairs

Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity aerobic activity**, aim for at least **75 minutes** a week.

For more information:
Patty Amidon, SNAP-Ed NY Project Manager
✉ paa79@cornell.edu
(585)268-7644 ext. 12

THIS MATERIAL WAS FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP). AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.