



Pasta & Beans (Pasta e Fagioli)

Makes 4 servings

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| 2 Tbsp. | Olive oil |
| 2 – 3 | Large cloves garlic, minced |
| 1/8 tsp. | Hot red pepper flakes |
| 1 can | Diced tomatoes, drained |
| 1 can | Cannelloni beans (white navy beans), undrained |
| 1/2 pound (8oz) | Cooked whole wheat pasta, cooking water reserved |

- In a 3-quart saucepan, combine the oil, garlic, and hot pepper flakes over medium-low heat. As soon as the garlic begins to color, add the tomatoes. Increase the heat slightly and sizzle for about 5 minutes. Stir in the cooked beans and enough bean water to cover. Bring to a boil, stirring frequently.
- Lower the heat and simmer gently for 5 minutes. Stir in the cooked pasta and simmer gently over medium heat for 2 minutes. Add reserved pasta water if necessary.

Recipe adapted from the *Food Network* recipe collection

Nutritional Information:

Calories: 430

Total Fat: 8g

Saturated Fat: 1g

Total Carbohydrates: 75g

Dietary Fiber: 12g

Protein: 20g