



Parmesan Pasta with Beans & Greens

This is easy to do with few ingredients on hand.

<u>U.S.</u>		<u>Metric</u>
3 quarts	Water	2.85 L
8 oz	Whole Grain Pasta, such as penne or bowtie	113 g
2 tsp	Olive Oil	10 mL
2 cloves	Garlic, minced	2 cloves
3 cups	Greens, such as collards, mustards, kale, or chard, chopped	108 g
1/4 tsp	Dried thyme (or 1/2 tsp fresh)	.35 g or .7 g fresh
1 (15 oz) can	White Beans (such as cannellini), no or low sodium, drained and rinsed	423 g
3/4 tsp	Kosher Salt	2.25 g
To Taste	Black Pepper	To Taste
1/2 cup	White Wine	118 mL
1/2 each	Lemon, juiced	1/2 each
6 Tbsp	Parmesan Cheese, grated	36 g

Preparation:

1. Gather all ingredients and equipment.
2. Bring water to boil in a large pot. Once the water is boiling, add the pasta. Cook until al dente and remove with a slotted spoon (10-12 minutes).
3. In a large sauté pan, heat the olive oil over medium heat.
4. Once the oil is hot, add the garlic and the greens. Stir constantly to avoid burning the garlic. Cook for 1-2 minutes to begin to wilt the greens.
5. Deglaze by adding white wine to the hot pan to release anything stuck to the bottom.
6. Toss in the white beans, lemon juice, thyme, salt, pepper, and pasta. Mix well and cook until ingredients are heated through.
7. Turn off the heat and toss in the parmesan cheese just before serving. Enjoy!

****Nutrition Facts on Reverse**

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Nutrition Facts**Serving size** 1 1/2 cups**Servings** 4**Calories** 395

Calories from Fat 70

Total Fat 8 g

Saturated Fat 2 g

Trans Fat 0 g

Monounsaturated Fat 3 g

Cholesterol 6 mg

Sodium 342 mg

Carbohydrates 62 g

Dietary Fiber 11 g

Sugars 3 g

Protein 17 g

Vitamin A 150 %

Calcium 10 %

Vitamin C 110 %

Iron 70 %

Phosphorus 47 mg
