



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

## Pesto Pasta with White Beans (Large Font)

You can substitute any of your favorite veggies for the broccoli or try different variations of pesto.

<u>U.S.</u>		<u>Metric</u>
8 oz	Whole Grain Pasta (penne, bowtie, etc.)	226 g
2 cups	Water	237 mL
1/2 cup	Basil Pesto (see separate recipe)	118 mL
1 (15 oz) can	White Beans (such as cannellini), drained and rinsed	423.7 g
1/2 tsp	Kosher Salt	3 g
To Taste	Black Pepper, ground	To Taste
2 tsp	Olive Oil	10 mL
3/4 lb	Chicken Breast, skinless, cut into 1" cubes	341.2 g
1/4 tsp	Red Pepper Flakes	.75 g
1/2 cup	Dry White Wine	118 mL
1 pint	Cherry Tomatoes	455 g

### Preparation:

1. Gather all ingredients
2. Preheat the oven to 400°F(200°C).
3. Roast tomatoes in oven for 15 minutes or until tomatoes are soft to the touch and slightly brown of the edges.
4. In a large pot, bring 3 quarts of water to a boil. Add pasta and cook until al dente (10-12 minutes). Strain and set aside.
5. Prepare Pesto (see separate recipe).
6. In a large sauté pan, heat oil over medium high heat. Add the chicken and brown each side. After 4 minutes, add the red pepper flakes. Cook until the chicken reaches an internal temperature of 160°F. Remove from pan. Set aside.
7. To deglaze, add white wine to the pan and scrap the bottom with a wooden spoon. Allow the wine to reduce by half.
8. Toss the pasta, pesto, tomatoes, white beans, salt and pepper with the chicken in the deglazed pan. Add water or stock as needed to make a creamy sauce.

**\*\*Nutrition Facts on Reverse**

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**Nutrition Facts****Serving size**           **1 1/2 cup****Servings**               **5****Calories**               460

Calories from Fat       90

Total Fat                10 g

Saturated Fat           2 g

Trans Fat                0 g

Monounsaturated Fat   4 g

Cholesterol             40 mg

Sodium                  410 mg

Carbohydrates         62 g

Dietary Fiber           13 g

Sugars                  5 g

Protein                 31 g

Vitamin A               35 %

Calcium                 15 %

Vitamin C               130 %

Iron                     25 %

Phosphorus             147 mg

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