

Pulses & Pasta

THE PERFECT PAIR



PASTA E FAGIOLI



Prep Time: 10 Minutes
Cook Time: 20 Minutes



4 Servings
6 cups/1.5 L

INGREDIENTS

PASTA

1/2 lb (250 g) long noodle pasta (Linguine, Spaghetti, Tagliatelle)
1 tsp (5 mL) salt

SAUCE

1/4 cup (60 mL) olive oil
2 shallots, finely sliced
1 yellow or orange pepper, sliced
1 small or medium zucchini, sliced
1/4 cup (60 mL) sliced sun-dried tomatoes in oil
1/4 cup (60 mL) pitted black olives, halved
1 can (14 oz/398 mL) Great Northern or Cannellini beans, drained & rinsed
1/4 cup (60 mL) prepared basil pesto
Grated Parmesan cheese, to taste
Fresh chopped parsley, to garnish
Fresh ground pepper, to taste

DIRECTIONS

1. In a large pot boil 8 cups (2 L) water, add pasta and salt, and cook according to package directions. Reserve 1 cup (250 mL) cup pasta water when draining.
2. In a deep saucepan, gently heat olive oil over medium. Add shallots and pepper and stir fry for about 2 minutes. Add zucchini and cook an additional minute. Stir in sun-dried tomatoes and olives.
3. Drain cooked pasta, reserving 1 cup (250 mL) pasta water. Add pasta and beans to the vegetables and toss with the pesto, adding a little pasta water to keep mixture slightly "saucy".
4. Serve into individual shallow bowls and top with Parmesan, parsley and pepper.

NUTRIENTS

PER SERVING (1 1/2 cups/375 mL)
560 Calories, 26 g Fat, 4 g Saturated Fat,
3 mg Cholesterol, 67 g Carbohydrate, 8 g Fibre,
5 g Sugar, 17 g Protein, 413 mg Sodium,
760 mg Potassium, 353 mcg Folate, 5 mg Iron