

Tuscan-Style Pasta with Cannellini

Rating: ★★☆☆

Prep time: 15 minutes

Cook time: 15 minutes

Makes: 4 Servings

Pasta is the perfect partner for nutrient-rich vegetables. High in fiber, this Tuscan-style pasta dish is gently tossed with a vegetable trio - fresh escarole and flavorful, canned cannellini beans and tomatoes.

Ingredients

- 12 ounces** whole wheat pasta
- 1/4 cup** extra virgin olive oil
- 5** large garlic cloves (finely chopped)
- 2 1/4 cups** curly escarole (1/4 pound, sliced)
- 16 ounces** cannellini beans (drained and rinsed)
- 1 can** 14.5 ounce diced tomatoes with juice (undrained)
- 2/3 cup** dry white wine
- salt and freshly ground pepper
- 1/4 cup** fresh basil leaves (thinly sliced)

Directions

1. Cook pasta according to the package directions.
2. Heat oil in a large skillet over medium-high heat.
3. Add garlic and cook until slightly browned (less than a minute).



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	580	
Total Fat	15 g	23%
Protein	21 g	
Carbohydrates	89 g	30%
Dietary Fiber	15 g	60%
Saturated Fat	2 g	10%
Sodium	550 mg	23%

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Vegetables	1 cup
Grains	3 1/2 ounces

4. Add escarole; stirring occasionally until wilted, about 2 minutes.
5. Add beans, tomatoes with their juice and wine.
6. Simmer 5 minutes, stirring occasionally.
7. Season to taste with salt and pepper; stir in basil and heat through.
8. Drain pasta and toss with the sauce.

Notes

Save money by using canola oil in place of olive oil.

Use any of your favorite hearty leafy greens in place of escarole, such as collards, chard, or spinach.

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