

Jenny's Vegetable-Bean Pasta

This is basically my Vegetable Pasta side dish with beans added for protein to make it a complete meal. Use my three vegetables or choose from broccolini, green beans, broccoli rabe, kale or Swiss chard. Green vegetables protect your eyes, teeth & bones, and they boost your immune system. Broccoli is one of the best defenders against cancer. *Remember: save some pasta water before draining.

5 oz. pasta

1 clove of garlic, crushed
1 teaspoon olive oil
2 cups chopped asparagus
2 cup chopped broccoli
2 cups fresh baby spinach

1 cup pasta water
2 teaspoons flour
2 Tablespoons parmesan
1/4 teaspoon salt

1/2 can of cannellini beans, lightly drained

1. Cook pasta per package directions.
2. While pasta cooks, sauté garlic in oil in a large pan on medium-high for one minute until golden.
3. Add asparagus & broccoli, cook & stir uncovered 3-4 minutes, adding pasta water 2 tablespoons at a time as needed.
4. Add spinach, cook & stir one minute. Cover & set aside.
5. Before draining pasta, reserve one cup of pasta-cooking water.
6. Whisk flour, parmesan & salt into reserved water until smooth.
7. To the vegetables, add drained pasta, beans, and water/flour mixture. Cook about one minute 'til thickened.

Serves four