

PASTA FAZOOL

Adapted from Emily Gelsomin, MLA, RD, LDN

Ingredients

- ¼ cup olive oil, divided
- 1 medium onion, diced
- 4 garlic cloves, minced
- 2 28-ounce cans diced tomatoes
- 2 teaspoons red chili flakes
- 4 ounces dry linguine (about ¼ 1-pound box or 2 cups cooked)
- 3 cups cooked white or cannellini beans, rinsed and drained (about 1½ cans)
- ½ cup pecorino or parmesan cheese
- 1 cup loosely packed fresh basil, roughly torn or chopped

Instructions

Heat 2 tablespoons olive oil in a large sauce pan on medium heat. Add diced onion and stir to coat in olive oil. Cook until the onion begins to soften (about 3 to 4 minutes). Add minced garlic and cook about 1 to 2 minutes more until the garlic has turned golden and onions are slightly translucent.

Add tomatoes and red chili flakes. Stir to combine and continue to cook on medium heat.

To cook the pasta, bring a pot of water to a boil and then add pasta. While pasta cooks, continue to cook the tomato mixture, turning down the heat if the sauce starts to spatter.

Once the pasta is done, strain out the water (reserve about ½ cup of pasta water to add back to the sauce). Add pasta water, beans, and cooked pasta to the saucepan with tomato sauce. Toss to combine.

Drizzle remaining 2 tablespoons olive oil over the mixture and gently stir. Top with cheese and basil.

Yield: 5 servings



NUTRITION FACTS PER SERVING

CALORIES: 420

PROTEIN: 17 grams

SODIUM: 700 milligrams

CARBOHYDRATE: 59 grams

FIBER: 10 grams

FAT: 13 grams

SATURATED FAT: 3 grams