



BeFit

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Weekday RD Recipes: "Pasta Fazool"

From Emily Gelsomin, MLA, RD, LDN

Ingredients:

1/4 cup olive oil, divided
1 medium onion, diced
4 garlic cloves, minced
2-28 ounce cans of diced tomatoes
2 tsp red chili flakes
4 ounces dry linguine or 1/4 a 1-pound box (about 2 cups cooked)
3 cups (about 22 ounces) canned white or cannellini beans, rinsed and drained
1/2 cup pecorino or parmesan cheese
1 cup loosely packed fresh basil, roughly torn or chopped (optional)

Instructions:

Heat 2 tbsp 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, season with salt and pepper, if desired; 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 1/2 cup of pasta water to add back to the sauce; this will help the pasta cling to the sauce). Add pasta water, beans, and cooked pasta to the saucepan with tomato sauce; toss to combine.

Drizzle remaining 2 tbsp olive oil over the mixture and gently stir. Taste and adjust seasoning, as needed. Top with cheese and basil (if using).

Yield: 5 servings

NUTRITION INFORMATION PER SERVING:

CALORIES: 420 calories

PROTEIN: 17 g

SODIUM: 700 mg

CARBOHYDRATE: 59 g

FIBER: 10 g

FAT: 13 g

SAT FAT: 3 g