

Whole Wheat Pasta with Greens and Beans

Serves 8

INGREDIENTS

Kosher salt for boiling pasta and to taste, optional

1 pound (450 grams) whole wheat pasta, any shape or size

1 to 2 bunches dark leafy greens (like kale or collard greens), washed, stems removed, and chopped into 1-inch pieces

3 tablespoons (45 milliliters) olive oil

3 cloves garlic, minced

½ teaspoon (2.5 milliliters) crushed red pepper flakes

1 14.5-ounce (400 gram) can small white beans (low-sodium or salt-free, if possible), drained and rinsed (can substitute 1½ cups [360 milliliters] cooked, dry beans)

1 to 2 lemons, zested and juiced

Freshly ground black pepper, to taste

1 pint (0.5 liter) cherry tomatoes, halved, optional

Plant-based Parmesan (see recipe) or freshly grated parmesan cheese, optional



This dish packs a lot of nutrition into one pot!

INSTRUCTIONS

1. Bring 4 quarts (4 liters) of water to a boil, add 1 tablespoon (15 milliliters) of salt (optional), and stir in pasta. Continue to stir for a few seconds to prevent sticking. Boil for 2 minutes less than indicated on the package directions. Add greens and cook until pasta is al dente (about 2 to 5 minutes). Do not overcook or the dish will be mushy.
2. Drain the pasta and greens in a large colander, reserving 1 cup (240 milliliters) of cooking water.
3. Return the empty pot to the burner and turn heat to medium. Add olive oil, garlic, and crushed red pepper; cook until fragrant, 15 to 30 seconds. Add the beans and cook for 1 minute.
4. Return the pasta and greens to the pot along with 1/3 cup (80 milliliters) of the pasta water and zest and juice of 1 lemon. If pasta is sticky, add a bit more pasta water to loosen. Season to taste with salt, pepper, and additional lemon juice, if needed. Gently stir in cherry tomatoes.
5. Serve in individual bowls and top with parmesan cheese, if desired.

NOTES

- Substitute any type of pasta—high-protein, whole grain, or regular—for the whole wheat pasta.
- You can also swap any other fresh veggies you want for the cherry tomatoes.
- Basil or other herbs are a nice addition, as well.

Nutritional Info (per ½ recipe, if using 1 bunch greens, no parmesan, and unsalted beans): Calories 299, Total Fat 7.5 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 101 mg, Total Carbohydrate 51.6 g, Dietary Fiber 8.3 g, Sugars 3.3 g, Protein 11.1 g, Vitamin A 7%, Vitamin C 18%, Calcium 6%, Iron 16%, Zinc 22%, Magnesium 25%, Potassium 8%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
