

RECIPE

PENNE PASTA, WHITE BEANS ESCAROLE, TOMATOES

Ingredients: (4 Servings, 2 Cups each)

½ lbs.	Dry Penne Pasta, Barilla Plus
1 gal.	Water
½ tsp	Kosher salt
2 ea.	Cloves Garlic, fresh, minced
¼ ea.	Spanish onion, 1/4" dice
16 ea.	Cremini Mushroom, sliced
3 ea.	Roma Tomato, 1/2" dice
1 head	Escarole, washed and chopped
2 Tbsp	Olive Oil
1 ½ cups	Cannellini Beans, cooked or canned, rinsed and drained
1 Tbsp	Butter, unsalted
¼ cup	Pasta or bean cooking liquid
1 tsp	Pepper
4 Tbsp	Freshly grated Parmesan Cheese

Directions

Preparation time = 10 minutes

1. Rinse uncut produce in fresh water. Remove the core and chop the escarole in 2" pieces. Triple wash the escarole as it is very gritty and sandy.
2. Bring water and salt to a boil, add pasta and stir. Cook 7-8 minutes until al dente (firm to the bite). Reserve about a cup of the pasta water for later. Drain pasta and reserve.
3. Mince garlic, 1/4" dice the onion. Rinse beans well in a strainer.
4. In a large sauté pan, add the oil over high heat. Add onion and garlic. Cook 2-3 minutes until onions are translucent but not burned. Add mushrooms, escarole and cook to reduce, about 2 minutes. Add beans, tomatoes and salt and pepper. Let cook for a couple minutes. If all of the liquid is evaporating, add some of the reserved pasta water. Add cooked pasta and butter. Cook for about a minute and toss together. Taste and adjust seasoning if needed.
5. Divide equally into four serving bowls or plates. With a micro plane, shred a tablespoon of fresh parmesan over each dish. Serve immediately.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
467	14g	4g	67g	22g	12g	788mg