



RECIPE OF THE Month

Lemon Pasta with Cannellini Beans

Enjoy this Middle-Eastern meal high in fiber and flavor!

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| 1 lb whole-wheat rotini pasta | 4 tbsp fresh lemon juice |
| 1 tbsp olive oil | 2 cups fat-free, low-sodium chicken broth |
| 1 lb zucchini (4-5 medium) cut into bite-size strips | 2 15-oz cans cannellini beans, rinsed and drained |
| 1 tbsp grated lemon peel | 1 cup chopped fresh mint |
| 1 tsp minced garlic | Grated Romano cheese |
| ½-1 tsp red pepper flakes | |

- 1 While pasta cooks, heat oil slowly in a large skillet.
- 2 Add zucchini, lemon peel, garlic, and red pepper flakes and gently stir-fry on medium-high about 2 minutes.
- 3 Add lemon juice, broth and beans and bring to a boil; cook 2 minutes.
- 4 Reduce heat, add spinach; cover and simmer 30 minutes.
- 5 Drain pasta completely and quickly pour over zucchini mixture; add mint and combine. Serve with a few sprinkles of Romano cheese.

MAKES 6 (about 1 ½ cup) SERVINGS. Per Serving:

407 calories | 18.5g protein | 4g fat | 83g carbs | 15g fiber | 485mg sodium