Broccoli Rabe, White Bean & Cheese Pasta

Yield: 4 servings  
Total Time: 35 minutes

Ingredients
- 8 ounces whole-wheat rotini pasta  
- 1 large bunch broccoli rabe, trimmed and cut into 1-inch pieces (or 8 cups fresh baby spinach)  
- 1½ cups low-sodium vegetable broth  
- 1 tablespoon all-purpose flour  
- 2 tablespoons olive oil or canola oil  
- 4 cloves garlic, minced (or ½ teaspoon garlic powder)  
- 1 19-ounce can cannellini beans, rinsed (or your favorite bean)  
- 2 tablespoons red wine vinegar  
- ⅛ teaspoon salt  
- ¼ teaspoon black pepper  
- ½ cup shredded Gouda or fontina cheese

Preparation Instructions
1. Cook pasta according to package directions. Stir in broccoli rabe during the last 2-3 minutes. Drain and set aside.  
2. Whisk together vegetable broth and flour in a small bowl until smooth.  
3. Heat oil in pot over medium-high heat. Add garlic and cook, stirring occasionally, for about 30 seconds until the garlic is fragrant.  
4. Add the broth and flour mixture and bring to a simmer, whisking constantly for 3 to 4 minutes until it thickens.  
5. Add beans, vinegar, salt, pepper, and the cooked pasta and broccoli rabe. Stir for about 1 minute until the mixture is heated through.  
6. Remove pot from heat, add cheese, and stir until cheese melts. Serve immediately.

Nutrition Analysis
Per serving: 430 calories; 11g fat (3.5g saturated, 0g trans); 15mg cholesterol; 540mg sodium; 68g carbohydrate (12g dietary fiber; 3g sugar); 22g protein.  
Vitamin A 110%, Vitamin C 130%, Calcium 20%, Iron 25% Daily Value.

Cost
Per serving: $2.09  
Total ingredient cost: $29.71

Modified from: www.eatingwell.com

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