

Pasta with Artichokes, Beans and Spinach

Ingredients:

- 5 oz. angel hair pasta, whole wheat
- 1 scallion, sliced
- 1 tbsp. extra virgin olive oil
- 2 cloves garlic, chopped
- 1 red bell pepper, seeded, halved and sliced
- ½ cup fava beans, fresh or frozen
- 2 ¾ cup fresh spinach, chopped
- 4 artichoke hearts, sliced
- 2 tbsp. tomato paste
- ½ tsp. raw cane sugar
- 1 tbsp. marjoram
- ⅛ tsp. salt
- ¼ tsp. ground black pepper



Nutrition Facts	
Serving Size 1 1/2 cup (340g)	
Servings Per Container	
Amount Per Serving	
Calories 510	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 87g	29%
Dietary Fiber 30g	120%
Sugars 10g	
Protein 23g	
Vitamin A 45%	• Vitamin C 140%
Calcium 15%	• Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. Boil the pasta until done; tender but not mushy, drain and rinse when done.
2. Chop the scallions and peppers and mince the garlic.
3. Meanwhile, gently heat the oil in large saucepan.
4. Add the scallions, garlic and bell pepper and gently sauté for 2 minutes.
5. Stir in the beans, spinach and artichoke hearts.
6. Add the tomato paste, sugar and marjoram, and a little water, if necessary.
7. Cover and very gently simmer for 10 minutes.
8. Season with the salt and pepper and serve with the cooked pasta.