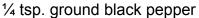


Pasta with Artichokes, Beans and Spinach

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



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 0ma 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% ٠ *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs 2,000 2.500 Calories Total Fat Saturated Fat Less than 65g 80g Less than 20g 25g 300mg 300mg 2,400mg Cholesterol Less than 2,400mg Sodium Less than 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.