



One Pot Pasta

An easy, staple dinner.

<u>U.S.</u>		<u>Metric</u>
10 oz	Whole Wheat Linguine	282 g
2 Tbsp	Olive Oil	30 mL
1 whole	Yellow Onion, peeled, sliced thin (julienne)	110 g
6 cloves	Garlic, minced	18 g
1 medium	Red Bell Pepper, cut into strips (julienne)	120 g
12 oz	Cherry Tomatoes	400g
1/2 tsp	Salt	2.5 g
To Taste	Black Pepper	To Taste
1/2 tsp	Red Pepper Flakes	1.5 g
1/2 cup	White Wine	120 mL
1 (15 oz) can	Cannellini Beans, reduced sodium, drained and rinsed	425 g
3/4 cup	Basil Leaves, cut into strips (chiffonade)	45g
1/3 cup	Parmesan Cheese, grated	38g

Preparation:

1. Gather all ingredients and equipment.
2. Bring a large pot of water to a boil for the pasta. While water is coming to a boil, cut vegetables.
3. Once water is boiling, add in pasta. Cook 9-12 minutes or until pasta is al dente. After cooked, pour into a strainer, add a 1tsp of oil to prevent sticking and set aside.
4. While pasta is cooking, heat a medium size pot over medium heat. Once hot, add the oil. Lightly caramelize the onions, cook for about 5-7 minutes.
5. Once onion is slightly browned, add in garlic, red bell pepper, tomatoes, pepper flakes, salt and pepper. Cook until vegetables are tender, stirring often.
6. Remove pan from heat and add in the white wine and the white beans. Place back on the heat and reduce by half to cook off the alcohol.
7. Add cooked pasta. Stir and combine.
8. Lastly, add chiffonade basil and parmesan with the pasta. Serve 1 ½ cup per plate. You can serve with turkey meatballs (see separate recipe), if desired. Enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

5 Servings

Serving size **1 1/2 cup**

Amount per serving

Calories **490**

Calories from Fat 90

Total Fat 10 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 4.5 g

Cholesterol 5 mg

Sodium 390 mg

Total Carbohydrate 61 g

 Dietary Fiber 2 g

 Total Sugars 6 g

 Includes 0g Added Sugars

Protein 15 g

Vitamin D 1 %

Calcium 15 %

Iron 15 %

Potassium 575 mg

Phosphorus 135 mg
