



White Bean Rigatoni

1. In a large pot of boiling water add:

Rigatoni pasta 1 cup

Cook for about 16 minutes or until pasta is tender. Drain and set aside.

2. In a large frying pan, add:

Onion 1/2 cup
Garlic 2 teaspoons
Olive Oil 1 tablespoon

Sauté until tender

Stir in:

Mushrooms 1 can

3. Stir in:

White beans, rinsed and drained 1 can (15 oz.)
Diced tomatoes, undrained 1 can (14.5 oz.)
Sage 1/2 teaspoon
Salt 1/2 teaspoon
Pepper 1/4 teaspoon

Bring to boil, reduce heat; simmer uncovered for 5 min.

4. Stir in:

Spinach 2 cups

Cover and cook for 1-2 minutes until spinach is wilted and tender, drain pasta; add to bean mixture and heat through. Sprinkle with parmesan cheese.



Serves 5

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: www.hsmm.ca

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