

Recipes



<http://www.riverdogfarm.com>

Pasta with Cannelini Beans from : "Jump-Up-and-Kiss-Me" by Jennifer Trainer Thompson

Pinch of salt 1 pound pasta

3 tablespoons olive oil 4 garlic cloves, minced

2 cups cooked cannellini beans, 4 cups bit-size pieces of broccoli, steamed

plus 2 tablespoons cooking water Juice of 1/2 lemon

1/4 cup dry white wine 1 to 1 1/2 teaspoons crushed red pepper flakes

1/3 cup fresh flat-leaf parsley

Bring water and salt to a boil in a large stock pot. Add pasta and cook until al dente. While the pasta is cooking, heat the oil in a medium saucepan. Add the garlic and lightly brown. Add the beans and their liquid, broccoli, lemon juice, wine, and pepper flakes. Stir and simmer until heated completely, 5 to 10 minutes.

Drain pasta and transfer to serving bowl. Add the parsley to the sauce and toss with the cooked pasta.