



Ziti with Broccoli and White Beans

Ingredients:

¼ lb whole grain ziti
1 1/3 cups broccoli florets
½ teaspoon olive oil
1 clove garlic, crushed
½ cup dry white wine
¾ cup (1/2 can) cannelloni beans, rinsed and drained
1 tablespoon grated Parmesan cheese

Serves 2

Preparation

Cook ziti in boiling water about 12 minutes or until al dente. During the last 3 minutes of cooking, add broccoli. Drain ziti and broccoli, set aside and keep warm. Heat oil in nonstick skillet over medium heat. Sauté garlic 1 minute, stirring constantly. Add wine and beans. Bring to a boil over high heat. Reduce heat to medium and cook about 5 minutes, until liquid is slightly reduced. Toss pasta and broccoli with sauce. Sprinkle on cheese and season with salt and pepper to taste. Toss again.

Nutrition information per serving. Calories 369, Total Fat 3.8 g, Saturated fat 0.6 g, Sodium 91 mg, Carbohydrate 61.4 g, Fiber 7.3 g, Protein 14.3 g