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## **Linguini with White Beans & Vegetables**     **Serves 4**

*An excellent source of thiamin, niacin, folate, vitamin C, iron, phosphorous, magnesium and zinc. A very high source of dietary fibre.*

2 cups (500 ml) White Pea Beans, soaked and cooked

12 oz (350 g) fresh linguini

3 cloves garlic, minced

1 cup (250 ml) chicken stock

1 cup (250 ml) broccoli florets

1 medium green or yellow zucchini

8 – 10 stalks fresh asparagus, cut into 3 inch pieces

4 oz (125 g) mushrooms, quartered

½ red pepper, cut in long, thin slices

3 plum tomatoes, chopped

4 tbsp (75 ml) olive oil

¼ cup (50 ml) grated Parmesan cheese

2 tbsp (25ml) fresh basil, chopped or 2 tsp (10 ml) dried

pinch of salt and pepper

**Directions:** Cook pasta according to package directions. Drain and toss with 2 tbsp (25 mL) of the olive oil. Set aside. In a small saucepan, heat the chicken stock and garlic. Add beans and stir gently. Cover and simmer gently over low heat for 5-10 minutes. Set aside. In a large wok or skillet, heat remaining 2 tbsp (25 mL) of olive oil over medium-high heat. When hot, add all the vegetables, except the tomatoes, stir-fry for 2-3 minutes. Sprinkle with 2-3 tbsp (25-50 mL) water. Cover and cook for 2-3 minutes or until tender-crisp. Lower heat and stir in the bean and stock mixture. Remove from heat and transfer vegetables to a large serving bowl. Add tomatoes and linguini to bowl and toss all ingredients until well mixed. Add Parmesan and toss gently. Season with salt and pepper and top with fresh or dried basil.

### **Nutritional Info per serving**

Energy 548 kcal, Protein 22 g, Fat 18 g, Carbohydrates 77 g, Fibre 10 g

Note: Dry Beans are an unprocessed product. Although we carefully clean all beans, stones and natural debris may be present. Please SORT and rinse beans prior to cooking.