

# White Beans & Penne Pasta

Hands-on - 35 min.

Serves 6

My thanks to neighbors Eric & Anne Tooley for sharing this family favorite. While the topping of oil with rosemary seems fattening, the numbers still come out healthy and the taste is exceptional.

## Menu

*White Beans and Penne Pasta*  
*Tossed Salad*

1 T olive oil  
1 lg onion, cut into wedges  
1 tsp minced garlic (2 cloves)

Sauté 3 or 4 minutes in a large nonstick pan over medium-high heat.

2 cans (14½ oz each) diced tomatoes, no salt added  
2 cans (14½ oz each) chicken broth, 1/3 less sodium  
2 cans (15 oz each) Great Northern beans, rinsed and drained  
1/4 tsp salt (opt)

Add and simmer 10 minutes. Use this time to put together a tossed salad.

6 oz penne pasta, dry

Stir in and set timer for 10 minutes.  
*Meanwhile*, make tossed salad.

2 T olive oil  
1 tsp dried rosemary or 1 T fresh

Mix together in small microwave-safe bowl. Warm in microwave on HIGH 30 seconds.  
Ladle the servings of pasta in individual bowls and drizzle rosemary oil over each serving. Top with Parmesan cheese, if desired. Don't forget the salad.



Nutrition information for about 1½ cups (including optional salt)

Calories	340	Fat	8 g	Fiber	10 g	Sodium	695 mg	Total Carbohydrate	55 g
Calories from Fat	21%	Saturated Fat	<1 g	Cholesterol	0 mg	Protein	14 g	Sugars	10 g