



CELEBRATE BEANS!

CREAMY CANNELLINI BEAN PASTA

ADAPTED FROM "VEGAN AT TIMES" BY JESSICA SEINFELD

Serves 4-6

What you need:

- ¼ - ½ tsp fine salt, to taste
- 1 pound short pasta, such as rigatoni or penne
- ¼ cu raw unsalted pine nuts (may omit or substitute with slivered almonds)
- 3 TBS extra-virgin olive oil
- 2 cloves garlic, pressed or finely grated
- ¼ tsp crushed red pepper flakes
- One (15.5 ounce) can cannellini beans, drained and rinsed or 1½ cups cooked cannellini beans
- ¼ tsp freshly ground black pepper
- 2 TBS nutritional yeast (optional)
Note: Nutritional yeast adds a cheesy flavor, and is often available in bulk department.
- 12 fresh basil leaves, for serving
- Finely grated zest of 1 lemon, for serving

What you do:

1. Bring a large pot of salted water to a boil. Add the pasta and cook according to the package directions. Reserve 2 cups of pasta water before draining.
2. While the pasta cooks, in a small dry skillet over medium heat, roast the pine nuts (or almonds), tossing often until golden brown (may skip this step if not using nuts). Remove from heat and put in a bowl.
3. Once you drain the pasta (be sure to reserve at least 2 cups of the pasta water), wipe the pot dry and return it to medium heat.
4. Add the oil, garlic and red pepper flakes, and stir until the garlic is fragrant, but not browned, about 30 seconds.
5. Add the beans, ½ tsp of salt and ½ tsp pepper, and stir to coat in the oil.
6. Add 1 cup of the reserved pasta water. Using potato masher or fork (we used an immersion blender) to crush the beans. Add the pasta, and coat well with the bean mixture. Sprinkle with nutritional yeast (if using) and stir again.
7. Add more pasta water if the mixture is too stiff.
8. Taste and add more salt if desired. Remove from heat and serve.