

## Bowties n' Beans

This dish is as nutritious as it is fast, economical and really delicious. The Italians seem to be able to prepare effortlessly wholesome dishes with what's in the fridge or in the vegetable garden or at the local market.



Serving size: 1 cup. Serves 5.

### Ingredients

1 tablespoon extra virgin olive oil  
2 cloves garlic, minced  
6 oz fresh spinach, washed/well-drained, each leaf/stem quartered  
6 oil-packed sundried tomatoes, coarsely chopped  
1 ½ cups cannellini beans, drained and rinsed  
1/8 teaspoon dried thyme  
salt/pepper to taste  
½ cup hot water  
½ tablespoon Kosher salt  
2 cups (4 oz) uncooked farfalle pasta  
1 tablespoon oil from sundried tomatoes jar  
approximately 2 tablespoons pecorino romano grated cheese

### Directions

1. Warm the olive oil in a large heavy pan. Add the garlic and the spinach and sauté on medium-high heat for 4-5 minutes or until the spinach leaves look wilted.
2. Add the tomatoes, beans, thyme, salt and pepper and hot water. Lower the heat and simmer for 5 minutes.
3. In the meantime, cook the pasta al dente according to package directions in 4 quarts of salted water. Drain the pasta and add to the sauce in the pan. Drizzle the final oil over the pasta and mix well, using tongs. Serve immediately with the grated cheese on the side.

### Nutritional Information

Calories: 229  
Carbohydrates: 31 g  
Protein: 10 g  
Fat: 8 g  
Saturated Fat: 1 g  
Cholesterol: 3 mg  
Fiber: 5 g

GI Value: 39 - low