

PESTO & PASTA

Made with white beans & carrots

1 c canned Great Northern beans	1 bay leaf
2 c vegetable or chicken stock	8 oz penne or ziti
2 c cold water	4 T pesto sauce
2 large carrots, diced	1/8 t each salt 7 pepper

In large saucepan, bring stock and cold water to a boil. Add carrots, reduce heat and simmer until tender. Remove carrots, set aside. Return stock and water to a boil. Add beans & bay leaf. Return to boil and reduce heat to low. Cover and simmer 45 minutes to 1 hr until beans are tender. Discard bay leaf. Cook pasta according to package directions and drain. In large bowl, toss beans and carrots with pasta. Toss with pesto to coat and season with salt & pepper.

Serves 4.

Calories: 256, Carbohydrate: 42 grams, Protein: 12 grams, Fat: 4 grams.