

Creamy Broccoli Rabe Pasta

Makes 4 servings

This simple main course is a delicious and familiar way to have your child try nutrient-packed broccoli rabe. Your child can help by topping the pasta with the cheese.

Ingredients

- 1 bunch broccoli rabe, tough ends trimmed, stems and leaves chopped
- 8 ounces (½ package) short whole wheat pasta, like penne, fusilli, or elbows
- 1 tablespoon olive oil
- ½ red or white onion, thinly sliced
- 2 garlic cloves, peeled and finely chopped
- ¼ teaspoon red pepper flakes (optional)
- ¼ teaspoon dried oregano
- 1 15-ounce can white beans or chickpeas (no salt added), drained and rinsed
- 2 tablespoons lemon juice
- ¼ cup grated parmesan cheese



Photo: Daily Mediterranean Diet

Directions

1. Bring a large pot of water to a boil. In the meantime, fill a large bowl with ice cold water.
2. When the water is boiling, add 1 teaspoon salt and the broccoli rabe. Cook for 2 minutes, then drain the broccoli rabe and transfer it to the bowl filled with cold water. When it is cool, drain it, then squeeze out any remaining water.
3. Refill the pot with water and bring it to a boil. Add 1 teaspoon salt and cook the pasta 1 minute less than the package's directions. Save 1 cup cooking water, then drain the pasta.
4. While the pasta is cooking, heat the olive oil in a large pan set over medium heat. Add the onion and cook until soft, about 5 minutes. Add the garlic, red pepper flakes, and oregano and cook until fragrant, about 1 minute.
5. Add the beans and reserved 1 cup pasta cooking water, then mash half of the beans.
6. Add the cooked pasta and broccoli rabe. Mix well and cook until the sauce is creamy, 1 to 2 minutes. Turn off the heat, then mix in the lemon juice and cheese. Serve warm.

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