

Creamy Lemon Pasta

(Serves 4)

Ingredients

- Pasta 1 cup
- Leafy greens *kale, spinach, etc* ¼ cup
- Broccoli *cut* ¼ cup
- Cannellini Beans ½ cup
- Salt and Pepper to taste
- Olive Oil 2 tbsp
- Parsley or basil *to taste* ¼ cup



Creamy Lemon Sauce

- Cannellini Beans ½ cup
- Lemon juice *to taste* ½ cup
- Olive oil 2 Tbsp
- garlic *pressed or minced* 4 cloves
- Reserved pasta water or broth *as needed for consistency*

Optional, but encouraged:

- Parmesan Cheese/ nutritional yeast
- Red Chili Flakes

- **Add a little something extra**

Mushrooms, bell peppers, tomatoes, green beans, roasted brussel sprouts, green onions are all great add ons.

- Experiment with the white sauce to suit your taste. Swap bean mixture with soaked cashews or cooked cauliflower. Or try coconut milk or cow milk. Add sauteed onions, rosemary, finely chopped mushrooms all make for tasty sauce variations.

Instructions

1. Bring a large pot of water to a boil and salt generously (~1 Tbsp).
2. Prep your greens. Cut up your broccoli into bite sized pieces and kale if using. Frozen spinach is also a great option here.
3. Add pasta to boiling water and cook for two minutes less than the package instructions. We want our pasta slightly undercooked/al dente.
4. When there are a few minutes left in the cooking time, add the broccoli to the pasta water. This depends on the size of cut broccoli, smaller pieces need less time.
5. Reserve about a cup of pasta water and drain pasta and broccoli and set aside.

6. In a bowl or pasta pot add ½ cup of white beans. Using a fork, potato masher, or flat bottom of a cup mash beans until creamy texture. Add minced garlic and salt.
7. In your pasta pot add 1 Tbsp olive oil, white beans and garlic mixture. Cook for 1-2 minutes until fragrant. If you are using meat or cauliflower in your sauce, cook that first and then add white beans and garlic (which need less time).
8. Once the mixture is fragrant. Add pasta water or broth, lemon juice, salt and olive oil until you reach a desired saucy consistency. Taste and adjust flavor as needed, adding more parmesan or nutritional yeast for cheesiness, lemon juice for brightness, or salt and pepper overall flavor, or any other herbs you have on hand.
9. If you have a blender or small food processor you can also mix your sauce there to achieve a smoother consistency.
10. Warm sauce over medium-low heat until bubbly. Add pasta, broccoli and any other greens and cook in sauce until flavors incorporate (roughly 2-3 minutes).
11. Plate and finish with toppings: fresh basil or parsley, red chili flakes, more parmesan cheese/ nutritional yeast, squeeze of lemon, ground black pepper for extra flavor.

Notes

- ★ Try roasting your vegetables with a little lemon and olive oil to deepen flavor.
- ★ Finishing cooking your pasta in sauce is a great way to add flavor to your pasta and it binds the sauce to the pasta better coating all pieces in tastiness.
- ★ Pasta water can be magical for adding a nice starchy consistency to sauces. In this recipe we use the starch of the pasta water and the mashed white beans to create a cohesive sauce rather than using cream or butter.

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