



Uploaded to the VFC Website

▶▶ June 2014 ◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794*

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Broccoli Rabe, White Bean, and Fontina Pasta

- 8 Ounces pasta, whole-wheat, fusilli, or whole-wheat shells or chiocciole
- 1 Bunch broccoli rabe, trimmed and cut into 1-inch pieces
- 1 1/2 Cups broth, vegetable, or reduced-sodium chicken broth
- 1 Tbsp flour, all-purpose
- 2 Tbsp oil, olive, extra-virgin
- 4 Cloves garlic, minced
- 19 Ounces beans, cannellini, rinsed
- 2 Tbsp vinegar, red wine, rinsed
- 1/4 Tsp salt
- 1/4 Tsp pepper, black ground
- 1/2 Cup cheese, fontina, shredded
- 2/3 Cup bread crumbs, fine, dry, optional

- 1) Bring a large pot of water to a boil.
- 2) Add pasta and cook, stirring occasionally, according to package directions. Stir in broccoli rabe (or spinach) during the last 2 to 3 minutes. Drain. Dry the pot.
- 3) Whisk broth and flour in a small bowl until smooth.
- 4) Heat oil in the pot over medium-high heat. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds.
- 5) Add the broth mixture and bring to a simmer, whisking constantly, until it thickens, 3 to 4 minutes.
- 6) Add beans, vinegar, salt and pepper and the pasta and broccoli rabe (or spinach). Cook, stirring, until the mixture is heated through, about 1 minute.
- 7) Remove from the heat; add cheese, stirring until it melts. Serve immediately, topped with Toasted Breadcrumbs, if using.

Makes 4 Servings

