



Emmer Fettuccine

With Cannellini Beans

When Emmer pasta is combined with beans you have a complete protein meal

Ingredients:

- 1 lb. Emmer Fettuccine cooked al dente
- 3 Tbs. olive oil
- 1 large onion chopped
- 4 tomatoes, chopped
- 2- 15 ounce cans cannellini beans
- Salt to taste

Directions:

1. In a large saucepan heat olive oil over medium heat.
2. Saute onion until tender.
3. Stir in the tomatoes and beans.
4. Simmer 10 minutes.
5. Pour bean mixture over pasta and salt as desired.
6. Serve hot or warm.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/4 lbs (113g)	Total Fat 1g	2%	Total Carb. 136g
Serv. Per Cont. 3	Sat. Fat 0g	0%	Fiber 7g	28%
Calories 150	<i>Trans</i> Fat 0g		Sugars 0g	
Fat Cal. 10	Cholest. 0mg	0%	Protein 24g	
	Sodium 10mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	• Vitamin C 0%	• Calcium 0%	• Iron 0%

INGREDIENTS: Organic Emmer Flour

Flourcitypasta.com