



FLOUR CITY PASTA

WHOLE WHEAT MAFALDINE

Serving Suggestion: Mafaldine Vegetable Toss

Ingredients:

- 1lb mafaldine cooked el dente (about 8 minutes)
- 2 Tbs. Extra Virgin Olive Oil
- 4 cloves garlic, chopped or crushed
- 12 ounces of broccoli florets
- 2 cups low sodium broth (chicken or vegetable)
- 19 ounce can cannellini beans (drained & rinsed)
- 4 large tomatoes, chopped
- ½ cup grated Romano cheese, plus extra for serving

Directions:

In a large skillet heat oil over medium heat, add garlic and broccoli and cook 1 minute. Add broth; cover and cook 8 minutes. Stir in beans; cover and cook 2-3 minutes longer or until broccoli is tender. Add tomatoes and remove from heat. Drain pasta and add to broccoli mixture. Sprinkle with Romano cheese and serve.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/4 lbs (113g)	Total Fat 2.5g	4%	Total Carb. 78g
Serv. Per Cont. 3	Sat. Fat 0g	0%	Fiber 12g	48%
Calories 380	Trans Fat 0g		Sugars 0g	
Fat Cal. 20	Cholest. 0mg	0%	Protein 17g	
	Sodium 0mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 25%				

INGREDIENTS: Organic Whole Wheat Flour, Organic Wheat, Durum, Natural Wheat Protein
CONTAINS: Wheat

Flourcitypasta.com
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