

 **Prep:** 20 minutes
 **Cook:** 15 minutes
 **Servings:** 8

Rockin' Rainbow Pasta

INGREDIENTS

- 2 Tbsp extra-virgin olive oil
- 3 Tbsp minced garlic
- 1 can (15-16 oz) Great Northern Beans or Cannellini Beans, any variety, *drained*
- 3 cups assorted bell peppers (red, yellow and green), *diced*
- Salt and pepper, to taste
- 1 lb penne pasta, cooked according to box directions (*reserve the pasta water*)
- 4 Tbsp pepperoncini's (fresh or jarred), *cored, seeded, sliced thin*
- 5 Tbsp canned black ripe olives, *chopped*
- 4 Tbsp parsley, *chopped*
- 4 Tbsp lemon juice
- 4 Tbsp grated Parmesan cheese

DIRECTIONS

1. Heat olive oil in medium saute pan over low heat. Add garlic, cook 3 minutes. Increase heat to high, add beans and peppers. Saute 5 minutes, season with salt and pepper. Meanwhile, cook pasta in large pasta pot according to directions.
2. Drain cooked pasta and reserve ½ cup of pasta water. Add pepperoncini, olives, parsley, lemon juice and bean and pepper mixture to the large pasta pot, add pasta and water, toss well. Add salt and pepper to taste. Pour in large serving bowl and sprinkle Parmesan cheese on top.
3. Serve hot or cold. Let sit in refrigerator for 1 hour to serve cold.

Nutrition Analysis, per serving

Calories 312

Total Fat 8g

Saturated Fat 2g

Carbohydrate 46g

Fiber 3.5g

Sugar 1.5g

Protein 13g

Sodium 264mg

(11% DV)

