

## **Penne Primavera with Garbanzo Beans**

*(adapted from The Academy of Nutrition and Dietetics)*

Serves 4

### **Ingredients:**

- 8 ounces uncooked penne pasta (preferably whole grain)
- 3 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 16-ounce package frozen broccoli florets, thawed
- 1 16-ounce can garbanzo beans, drained and rinsed
- 1 medium-size red bell pepper, thinly sliced; slices halved
- ½ teaspoon salt (omit for lower sodium option)
- ¼ cup freshly grated or shredded Parmesan cheese
- Freshly ground black pepper to taste

### **Directions:**

1. Cook the pasta in boiling salted water according to the package directions.
2. Heat the oil in a large skillet over low heat.
3. Add the garlic and sauté 5 minutes, allowing the flavors to fully release into the oil.
4. Add the broccoli, beans, pepper, 3 tablespoons water, and salt.
5. Cover and adjust heat to medium. Steam, stirring occasionally, 5 to 7 minutes, or until the broccoli is hot and the pepper is crisp tender.
6. Toss the pasta with the vegetables. Top with the Parmesan cheese and fresh pepper.

**\*\*\*For a spicier flavor, add more garlic and/or pepper.**