

Rotini with Escarole, Beans and Tomatoes

Cathy Tamburello

This is a quick and simple vegetarian pasta dish!

Ingredients:

- 1 Head of Escarole (Spinach or Kale can be substituted)
- 1 Can of Cannellini Beans drained and rinsed
- 1 Can of Diced Tomatoes (I like the Fire Roasted)
- 12 oz of Rotini Pasta (Really any pasta will do)
- 2 cloves of garlic
- Red Pepper Flakes to taste
- Salt and pepper to taste
- Parmesan cheese
- Olive oil

1. Heat boiling water for Pasta. Once boiling add liberal amount of salt. (Salt pasta like the sea!)
2. Cook pasta al dente.
3. Clean and chop Escarole. (It can be sandy so it is a good idea to submerge it in water.)
4. Chop garlic finely.
5. Heat a few twirls of olive oil in a large, deep frying pan. Sauté the garlic until it softens.
6. Add Escarole and Sauté until it wilts.
7. Add Red Pepper Flakes, salt and pepper to taste.
8. Add Tomatoes and Cannellini Beans. Heat through for about 5 minutes.
9. Drain pasta and add to Frying Pan. Toss thoroughly.
10. Serve with Parmesan cheese.