



White Bean and Chard Pasta Salad

Ingredients (Serves 4 to 6. Prep time: 30 minutes.)

- 1/2 pound orecchiette (or other small shell- or tube-shaped pasta)
- 2 tablespoons olive oil
- 1/2 small yellow onion, diced
- 1 tablespoon minced garlic (about 3 cloves)
- 1/4 pound carrots, diced
- 1 pound chard, washed and roughly chopped, with any tough stems removed
- 1 15-ounce can cannellini or Navy beans, drained and rinsed
- Dressing
- 1/2 cup lemon juice (about 2 lemons)
- 2 tablespoons olive oil
- 1 teaspoon dried dill
- 1 tablespoon Dijon mustard
- 1/2 cup grated Parmesan cheese
- salt and pepper to taste

Preparation

Bring a large pot of water to boil and cook the pasta until al dente. Drain, rinse and set aside.

In a medium-sized skillet, heat 2 tablespoons olive oil over medium heat. Sauté the onions, garlic and carrots for a few minutes, then add the chard and cook a few minutes more until it is tender. Remove the skillet from the heat, stir in the white beans and set aside to cool.

In a large mixing bowl, mix the lemon juice, olive oil, dried dill and mustard together. Toss with the pasta and beans and chard mixture. Season with salt and pepper, and gently stir in the grated Parmesan cheese. Serve chilled or at room temperature.

Optional: Add sun-dried tomatoes, pesto, and small pieces of lox or chopped Kalamata olives for an additional flavor boost.

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Ingredient checklist

PRODUCE

- 1 small yellow onion
- 1 head garlic
- Carrots
- Chard
- 1 lemon

GROCERY

- Olive oil
- 1/2 pound orecchiette (or other small shell- or tube-shaped pasta)
- Dijon mustard
- 1 15-ounce can cannellini or Navy beans

REFRIGERATED/FROZEN

- 1/4 cup grated Parmesan cheese

SPICES/SEASONINGS

- Dried dill
- Sea salt
- Black pepper

Serving suggestion

This upscale yet earthy pasta salad is perfect for a luncheon or picnic, and pairs well with grilled meats, sausages, chicken or your favorite lasagna. Add garlic bread for an additional Mediterranean touch.

Nutritional information per serving

- 462 calories
- 11 g. fat
- 6 mg. cholesterol
- 425 mg. sodium
- 70 g. carbohydrate
- 18 g. fiber
- 22 g. protein

The nutritional values and information provided are approximations.

