

# *Common Sense* COOKING

## Pasta e fagioli

2 Tablespoons extra virgin olive oil

½ cup red onion, chopped

1/3 cup cannellini beans

¾ cup canned tomatoes (crushed or chopped)

Herbs (Optional)

2 oz. (dry weight) whole wheat pasta

Heat the olive oil on medium. Add the onion and cook until soft.

Stir in the cannellini beans. Heat -4 minutes.

Add the tomatoes and any herbs. Heat through.

Serve over 2 oz (dry weight) whole wheat pasta.

Total Calories - 560