

Black Bean, Pasta, and Artichoke Heart Medley

Serving Size: 1 cup

Yield: 12 servings

Ingredients:

- 1 tablespoon olive oil
- 1 cup green onions, sliced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/8 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1 garlic clove, minced
- 2 (14.5 ounce) cans whole tomatoes, undrained and chopped
- 1 (15 ounce) can black beans, drained and rinsed
- 4 cups cooked pasta (any shape)
- 1 (14 ounce) can artichoke hearts, rinsed, drained, and quartered



Directions:

1. In a large skillet, heat oil over medium heat. Add green onions and sauté 5 minutes.
2. Add oregano, basil, black pepper, cayenne pepper, garlic, and tomatoes.
3. Cover and simmer 10 minutes.
4. Add beans; cover and simmer an additional 5 minutes.
5. Combine bean mixture, cooked pasta, and artichoke hearts in a large bowl. Mix well.
6. Serve warm.

Nutrition Facts: Calories, 170; Calories from fat, 45 ; Total fat, 5g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 20mg; Sodium, 420mg; Total Carbohydrate, 21g; Fiber, 4g; Protein, 10g; Vitamin A, 8%; Vitamin C, 8%; Calcium, 10%; Iron, 10%

Source: www.extension.org