

MEDITERRANEAN PASTA WITH KIDNEY BEANS



Preparation time: 10 minutes ■ Cooking time: 20 minutes

Created by Carrie Starcher, New York City chef

- 8 ounces whole wheat pasta
- 1/4 cup water from cooking pasta
- 1/4 cup olive oil
- 1 cup onion, thinly sliced
- 2 large garlic cloves, thinly sliced
- 1 teaspoon crushed red pepper flakes (or less to taste)
- 8 cups spinach (one 6-ounce bag fresh, pre-washed spinach)
- 1 can (16 ounces) BUSH'S Kidney Beans, drained and rinsed
- 1/2 cup cherry tomatoes, cut in half
- 1 tablespoon fresh Parmesan, grated
- 1 tablespoon fresh parsley, chopped or 1 teaspoon dried parsley
- Salt and pepper to taste, optional

Cook pasta according to package directions (reserving 1/4 cup water).

Heat oil in large sauté pan. Add onions and garlic. When translucent, add red pepper flakes, spinach, BUSH'S Kidney Beans and reserved pasta water. Simmer over medium heat until spinach is tender. Add pasta, tomatoes, and parsley and combine. Season with salt and pepper, if desired. Sprinkle with cheese. Serve warm.

Makes 6 Servings

Bush's Beans offers a variety of high-quality, great-tasting products that make it easy to get all the nutrition and health benefits of beans. Here are some simple and surprising ways you can add the benefits of beans to your meals:

In soups: Add canned beans such as Bush's Pinto Beans, Bush's Great Northern Beans, or Bush's Dark Red Kidney Beans to ready-to-eat or home-made soup.

As a side dish: Mix your favorite Bush's Beans varieties, and blend with homemade or store-bought vinaigrette dressing for a quick three-bean salad.

As a sandwich spread: Puree any variety of Bush's Beans and season to taste for an unusual take on hummus (traditionally made with chick peas only). Spread on whole-grain bread and top with lettuce and tomato for a sandwich.

As a toast topper: Microwave Bush's Baked Beans and spread on whole-grain toast for a British morning favorite.

Visit www.bushbeans.com for more great recipes and to download additional copies of this information sheet.

Nutrition Facts

per serving

		Daily Value
Calories	310	*
Calories from Fat	90	*
Total Fat	10g	16%
Saturated Fat	1.5g	7%
Cholesterol	0mg	0%
Sodium	140mg	6%
Total Carbohydrate	46g	15%
Dietary Fiber	9g	38%
Sugars	3g	*
Protein	12g	24%
Vitamin A	272mcg	50%
Vitamin C	12mg	20%
Calcium	112mg	11%
Iron	4mg	20%
Folate	93mcg	23%
Potassium	444mg	13%

Optional ingredients are not included in nutrition analysis.

* Daily value not established



BEANS AND CANCER PREVENTION

Increasingly, beans are being recognized by leading organizations and researchers as a healthy food that can play a role in cancer prevention:

Diets including beans may reduce your risk of heart disease and certain cancers.

- The *Dietary Guidelines for Americans 2005* developed by the USDA recommends that we eat three cups of beans each week – *triple* the current amount.
- The American Institute for Cancer Research* recommends beans as a *food that fights cancer* and suggests filling two-thirds of your plate with a variety of plant foods like fruits, vegetables, whole grains and beans.
- A review of research looking at cancer mortality and food intake in many countries indicated that higher bean consumption was linked to lower death rates due to breast, prostate and colon cancer.¹
- In a study looking at the risk of colon cancer, people who ate legumes (beans, peas and lentils) more than two times a week were less likely to develop the disease than people who consumed legumes less than once a week.²
- A recently released study looking at lifestyle factors in women indicated that a higher intake of beans and lentils was associated with a lower risk of breast cancer.³

Cancer experts recommend eating beans as part of a healthy diet. Here are some reasons why beans are believed to help fight cancer:

A Source of Antioxidants

Antioxidants are substances that may protect cells from the damage caused by free radicals. Several of the minerals found in beans, such as magnesium, selenium, and copper, are antioxidants.

A Source of Fiber

Despite recommendations by health organizations to consume 20-35 grams of fiber a day, most Americans only eat 12-17 grams a day. One half-cup serving of beans has at least five grams of fiber, making them an easy way to boost your fiber intake.

A Source of Phytochemicals

Phytochemicals are natural substances found in beans, fruits, vegetables and whole grains. Certain phytochemicals function like antioxidants and help protect cells from damage caused by free radicals.

The American Institute for Cancer Research* recommends a diet rich in a variety of plant-based foods and offers these tips for adding beans to your diet:⁴

- Keep canned beans in your pantry
 - Try different kinds, such as cannellini, kidney, garbanzo, pinto and black beans
- Add a new-to-you bean to your diet once or twice a week
 - This can be a fun way to increase the variety of cancer-fighting foods you eat
- Make meatless meals by substituting beans for the meat in your favorite recipes
 - Adding beans to salads and soups can turn them into satisfying, meatless main dishes

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1. Correa, P "Epidemiological Correlations Between Diet and Cancer Frequency." *Cancer Research* 41 (1981): 3685-3689.
2. Singh, PN, and Fraser, GE "Dietary Risk Factors for Colon Cancer in a Low-Risk Population." *American Journal of Clinical Nutrition* 70 (1998): 761-774.
3. Adebamowo, C.A, et al. "Dietary flavonols and flavonol-rich foods intake and the risk of breast cancer." *International Journal of Cancer* 114 (2005): 628-633.
4. "Simple Steps to Prevent Cancer," American Institute for Cancer Research, 2002.