



## ON THE MENU: BLACK BEAN PASTA



### THE NUTRITION

**Chronic Disease Management:** 1 cup contains 12 grams of fiber; aiding in stabilizing blood sugar, lowering cholesterol and reducing inflammation.

**Bone health:** good source of iron, calcium, & phosphorus, which supports bone strength.

**Long-Lasting Energy:** a carbohydrate source that is slowly digested.

### THE USES

**Pasta substitute:** half the amount of carbohydrates and three times the protein than whole grain pasta.

**Gluten Free:** black bean flour is the only ingredient.

**Protein source:** 1 cup contains 25 grams of protein; great for vegetarians or a meat alternative.

## SQUASH & SPINACH SPAGHETTI

**Makes:** 4 servings

**Recommended serving:** 1 ½ cups

### Ingredients:

- 1 (8oz) box black bean pasta
- 2 cups butternut squash, cubed
- 3 garlic cloves, minced
- 4 cups spinach

### Directions:

1. Preheat oven to 425 degrees.
2. Season squash with salt and pepper. Bake for 40-50 minutes, until soft.
3. Mash half the squash with a fork. Put all of squash into a pan with garlic.
4. Add drained pasta and washed spinach into pan. Cook until spinach wilts.

### Nutrition information per serving:

260 calories, 33 grams carbohydrates, 27 grams protein, 2 grams fat, 14 grams fiber, 5 grams sugar, 30mg sodium