



## Module 3: Food Insecurity

### Group 1

### One Pot Broccoli Sundried Tomato Pasta with White Beans

*Adapted from: [livelytable.com](https://livelytable.com)*

Prep time: 5 minutes

Cook time: 15 minutes

Total time: 15 minutes

Yield: 4 servings



*\* You will need to stir every few minutes to prevent the pasta from sticking and so that it cooks evenly. You may need to add  $\frac{1}{4}$  cup more water or broth if it gets too dry.*

*\* Use low sodium broth and white beans, then add salt to taste. If using full-sodium versions, you need less salt. Chickpeas can be used in place of white beans.*

*\* For a vegan version, omit the Parmesan. Try adding nutritional yeast to taste for a cheesy flavor.*

*\* Lentil, chickpea or quinoa pasta can be used instead of whole wheat pasta. Just check cooking time!*

*\* Frozen broccoli florets can be used. Add during the last 5 minutes of cooking.*

*\* Instead of jar sun dried tomatoes, roast cherry tomatoes and add sauteed garlic and olive oil.*

#### EQUIPMENT

- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Knife
- ☐ Cutting board
- ☐ Large pot with lid
- ☐ Cooking spoon

#### INGREDIENTS

- 3 cloves garlic

- ½ cup sun dried tomatoes jarred in extra virgin olive oil (1/2 of a 8.5 oz jar)
- 1 tbsp of oil from the tomato jar
- 1 large crown broccoli (2-3 cups florets)
- 3 cups uncooked short whole wheat pasta, such as fusilli or bowtie (farfalle) or rotini
- 1 can white beans, drained and rinsed
- 2 cups low sodium vegetable or chicken broth
- 1 cup water
- ½ tsp salt
- ½ tsp black pepper
- ¼ tsp red pepper flakes
- ¾ cup grated Parmesan cheese

## INSTRUCTIONS

1. Mince the garlic, chop the sun-dried tomatoes into ½ inch pieces, and chop broccoli into small bite-sized pieces.
2. Heat 1 Tablespoon of the oil from the sun-dried tomato jar over medium heat in a large pot with a lid (like a Dutch oven). Add the garlic and sauté for about 1 minute.
3. Add the broccoli, broth, water, dry pasta, white beans, sun-dried tomatoes, salt, pepper and red pepper flakes. Stir and cover. Bring to a boil.
4. Reduce heat to a simmer and cook covered for 12-13 minutes, stirring every couple of minutes.
5. Once pasta is al dente and broccoli is tender crisp, turn off the heat and stir in the Parmesan or garnish on top. Taste and add more red pepper flakes or salt if needed.

## Nutrition Information per Serving:

Calories	470
Total Fat	12 g
Saturated Fat	3 g
Trans Fat	0 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	1.5 g
Cholesterol	16 mg
Sodium	1214 mg
Carbohydrate	36 g
Fiber	6 g
Sugar	7 g
Added Sugars	0 g
Protein	16 g
Vitamin D	0%
Calcium	30%
Iron	20%
Potassium	684 mg
Vitamin A	11%
Vitamin C	58%



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### Pumpkin Gingersnap Parfait

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Servings: 6 servings



*\* You can use fresh pumpkin if you'd like the challenge! Cut the pumpkin in half and remove seeds. Brush with oil and place cut-side down on a baking pan lined with parchment paper. Bake at 350°F for 45 minutes or until fork tender. Scoop out the cooked flesh and use as a substitute for canned pumpkin.*

#### EQUIPMENT

- ☐ Bowls
- ☐ Spoons
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Can opener
- ☐ Hand mixer
- ☐ Food processor or ziplock bag
- ☐ Baking pan

#### INGREDIENTS

##### Pumpkin Puree

- 2 cups plain Greek yogurt
- 1 cup pumpkin puree (canned or baked)
- 2 tablespoons maple syrup
- 1 tablespoon pumpkin pie spice

##### Gingersnap Topping

- 1 cup unsalted walnuts, toasted

- ½ cup gingersnap cookies (about 10-15); reserve 6 additional cookies for garnish
- ¼ cup brown sugar

#### Whipped Cream

- 1 cup heavy whipping cream
- ¼ cup powdered sugar
- 1 teaspoon vanilla extract

#### INSTRUCTIONS

1. To toast walnuts, spread them out in an even layer on a baking sheet and cook in a 375°F oven for about 6-8 minutes.
2. Pumpkin puree: In a large bowl using a hand mixer, blend together the yogurt, pumpkin puree, maple syrup, and pumpkin pie spice until smooth. Set aside in the refrigerator to thicken slightly.
3. Gingersnap topping: Combine toasted walnuts, gingersnap cookies, and brown sugar in a food processor and pulse until crumbled. If no food processor, put gingersnap cookies into a large ziplock bag and carefully crush them into crumbles using a water bottle or other heavy object. Finely chop walnuts and add to crumbled cookies along with brown sugar and shake to combine.
4. Whipped cream: In a large bowl using a hand mixer, combine cream, sugar, and extract. Beat on high speed until soft peaks develop.
5. Parfait: Layer each parfait glass or bowl 1/3 full with puree, top with gingersnap topping, and add a layer of whipped cream. Repeat layers of puree, gingersnap topping and whipped cream, reserving a sprinkling of gingersnap topping for the top along with 1 gingersnap cookie.

#### Nutrition Information per Serving:

Calories	400
Total Fat	24 g
Saturated Fat	7.3 g
Trans Fat	0 g
Polyunsaturated Fat	10 g
Monounsaturated Fat	4 g
Cholesterol	37 mg
Sodium	125 mg
Carbohydrate	40 g
Fiber	2 g
Sugar	27 g
Added Sugars	0 g
Protein	9 g
Vitamin D	0%
Calcium	9%
Iron	4%
Potassium	265 mg
Vitamin A	23%
Vitamin C	0%