



**NEW EPISODES
MONDAYS
AT NOON EST**

"High Fiber Meals"

Ziti with Broccoli and White Beans

1/2 lb baked ziti

2 2/3 cup broccoli florets

1 1/2 tsp olive oil

2 cloves minced garlic

1 cup dry white wine

1 ounces canned cannellini beans, drained and rinsed

1/4 cup grated parmesan cheese

Cook pasta in large pan of boiling water 10-12 minutes or until al dente. During the last 2-3 minutes of cooking, add broccoli. Drain pasta and broccoli set aside and keep warm. Heat oil in heavy non stick skillet over medium heat. Sauté garlic 1 minute, stirring constantly. Add wine and beans. Bring to a boil over high heat. Reduce heat to medium and cook about 5 minutes, until liquid is slightly reduced. Toss pasta and broccoli with sauce. Sprinkle cheese and season with salt and pepper.