



Wow! White Bean Pasta Alfredo + Vanilla "Bean" Smoothies

By Erin Fletter

Prep Time 15 / **Cook Time** 15 / **Serves** 4 - 6

Shopping List

FRESH

2 bananas

DAIRY

2 C milk ******(see allergy subs below)******

1 C plain yogurt ******(see allergy subs below)******

PANTRY

2 15-oz cans white beans—canellini, Great Northern, or navy beans ******(see allergy subs below)******

1 tsp garlic powder

3/4 tsp salt + more to taste

1 pinch ground black pepper + more to taste

1/8 tsp ground nutmeg

1 lb linguine or other similar pasta ******(see allergy subs below)******

1/4 C shelf-stable grated Parmesan cheese ******(see allergy subs below)******

2 tsp vanilla extract

2 to 4 tsp honey or brown sugar (or 4 stevia packets)

HAVE ON HAND

4 C or more water for cooking pasta

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

purée: to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

simmer: to cook a food gently, usually in a liquid, until softened.

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

drain: to pour excess liquid from food into a container if reserving the liquid, or into the sink or trash if not saving it.

Equipment

- Blender (or pitcher + immersion blender)
- Measuring cups
- Measuring spoons
- Large pot
- Skillet
- Blender (or large bowl + immersion blender)
- Can opener
- Dry measuring cups
- Liquid measuring cup
- Wooden spoon
- Colander or strainer

Ingredients

Vanilla "Bean" Smoothies

- 1/4 C white beans (cannellini, Great Northern, or navy), from 15-oz can **(for LEGUME ALLERGY sub 1/4

C silken tofu OR milk or dairy-free/nut-free milk OR canned unsweetened coconut cream)**

1 C plain yogurt **(for DAIRY ALLERGY sub 1 C dairy-free/nut-free plain yogurt)**

2 bananas

2 tsp vanilla extract **(for CELIAC/GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**

2 to 4 tsp honey or brown sugar (or 4 stevia packets)

Wow! White Bean Pasta Alfredo

4 C or more water for cooking pasta

1 lb linguine or other similar pasta **(for CELIAC/GLUTEN ALLERGY sub 1 lb gluten-free/nut-free pasta)**

2 C canned white beans, undrained—canellini, Great Northern, or navy beans **(for LEGUME ALLERGY sub 1 can unsweetened coconut cream)**

3/4 tsp garlic powder

3/4 tsp salt + more to taste

1 pinch ground black pepper + more to taste

1/8 tsp ground nutmeg

2 C milk **(for DAIRY ALLERGY sub 2 C dairy-free/nut-free milk)**

1/4 C shelf-stable grated Parmesan cheese**(for DAIRY ALLERGY sub 1/4 C grated dairy-free/nut-free Parmesan cheese)**

Food Allergen Substitutions

Vanilla "Bean" Smoothies

Legume: For 1/4 C white beans, substitute 1/4 C silken tofu or milk OR dairy-free/nut-free milk OR canned unsweetened coconut cream.

Dairy: For 1 C plain yogurt, substitute 1 C dairy-free/nut-free plain yogurt.

Celiac/Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Wow! White Bean Pasta Alfredo

Legume: For 2 C canned white beans, substitute 1 can of unsweetened coconut cream.

Dairy: For 2 C milk, substitute 2 C dairy-free/nut-free milk. For 1/4 C shelf-stable grated Parmesan cheese, substitute 1/4 C grated dairy-free/nut-free cheese.

Celiac/Gluten/Wheat: For 1 lb linguine or other pasta, substitute 1 lb gluten-free/nut-free pasta.

Instructions

Vanilla "Bean" Smoothies

measure + blend

In a blender (or pitcher for use with an immersion blender), have kids measure and add **1/4 cup canned white beans** with **1 cup yogurt**, **2 bananas**, **2 teaspoons vanilla extract**, and **2 to 4 teaspoons honey or brown sugar**. Blend until thick and creamy!

Wow! White Bean Pasta Alfredo

boil

Fill a pot with at least **4 cups of water**, place on the stove, and cook on high until boiling. Place **1 pound of linguine pasta** into the water and cook for about 10 minutes (or follow package directions).

scrumptious science

The boiling point of water is 212 F. When water molecules reach this temperature, they have had so much energy transferred to them that they start moving quickly around (this is called a rolling boil), which we can observe with our naked eye.

measure + purée

In a blender (or large bowl for use with an immersion blender), have your kids measure and purée **2 cups undrained canned white beans** (with liquid), **3/4 teaspoon garlic powder**, **3/4 teaspoon salt**, **1 pinch of black pepper**, and **1/8 teaspoon ground nutmeg** until very smooth and creamy.

simmer + grate

Pour the bean mixture into a skillet on your stovetop, stir in **2 cups of milk**, and heat to medium heat. Bring to a simmer, stirring occasionally, turn the heat to low, and carefully stir in **1/4 cup of grated Parmesan cheese**. Taste and adjust the seasoning of the sauce with extra salt and black pepper if needed.

drain + toss + garnish

When the pasta is cooked, yet still firm (al dente), drain and return it to the pot. Add the sauce to the pasta and toss together. Garnish the pasta with additional grated cheese. "Questo é delizioso" (KWEH-stoh eh deh-LEE-see-oh-so) or "This is delicious" in Italian!

Featured Ingredient: Beans!

Hi! I'm a Bean!

"Hey! How've you bean ... I mean, been? My name is Cannellini, and I'm a white bean! We beans go back a long, long time. A couple of my cousins are the Navy bean and the Great Northern bean. You can add us to soups, stews, and chili, or eat us all by ourselves! We sometimes cause tummies to inflate (you know, get gassy?), but soaking, draining, and rinsing dried beans really well might help prevent that from happening. Did you know that Senate Bean Soup is on the menu at the US Senate's Dirksen Café every single day?! I'm inflating with pride just thinking about that!"

History

Globally, there are 13,000 known varieties of beans. They include the white bean, like the Italian Cannelini, Great Northern, and Navy Bean; the black turtle bean (usually shortened to black bean); and the pinto bean. What kind of beans are you using today?

Beans were one of the first foods gathered, according to archaeologists. Our hunter-gatherer ancestors used beans as food tens of thousands of years ago. They were grown around 7,000 years ago in the Middle East.

In ancient Greece, public officials were elected if they picked the single white bean from a bunch of black beans.

In the 15th century, Spanish explorers brought beans to Europe when they returned from voyages to the New World. Then, Spanish and Portuguese traders took them to Africa and Asia to sell.

Beans are now prevalent worldwide, primarily due to their use as an inexpensive, plant-based protein. Today, the largest commercial producers of common dried beans are India, China, Indonesia, Brazil, and the United States.

North Dakota grows forty percent of the beans in the US, more than any other state!

Brazil grows the most beans in the world.

In Nicaragua, newlyweds are given a bowl of beans for good luck.

Anatomy & Etymology

Did you know: Beans are technically a fruit!

Beans are legumes, so they have seeds that dry in the seed pod. Other legumes include lentils, peas, peanuts, and soybeans.

Beans plants leave the soil better and healthier than before they were planted. Most plants deplete the soil, but not beans. This is because they have nodules on their roots that add nitrogen, which the soil needs.

The world's tallest bean plant was over 45 feet tall! That's the equivalent of three average-sized giraffes stacked on top of one another. The plant was grown in the USA in 2003.

The word "bean" was first used before the 12th century. It comes from the Old English "bēan," from the Proto-Germanic "bauno," and is related to the Dutch "boon" and German "Bohne."

How to Pick, Buy, & Eat

Beans are harvested at full maturity when their pod reaches about six inches long, and the leaves turn brown and fall off about 75 days after the beans are planted.

When harvested, the shells are broken open, and the beans are collected as long as they are dry. If they're not thoroughly dried, they can be hung up to finish drying before they're popped from their shells.

We can't eat raw, uncooked beans. Why? Because beans have something called lectins that are poisonous, and the only way to remove most of these lectins is to cook the beans.

If you're using dried beans, soak them before cooking to remove "antinutrients," compounds that block the absorption of nutrients.

Dried beans are generally available in prepackaged containers as well as bulk bins; both canned and dried beans are available throughout the year.

Canned beans can stay fresh for years!

Combine the creamy texture of beans with a whole grain such as brown rice, and you have a virtually fat-free high-quality protein meal.

Beans are made into burgers, dips, brownies, cakes, dips, fudge, muffins, pies, and drinks (coffee and cocoa beans). They can also be used in jewelry, toys, and musical instruments. "Bean bag chairs" are made with polystyrene "beans," but the small bean bags for play are sometimes made with real dried beans.

Nutrition

Beans are complex carbohydrates and high in fiber, which keeps our digestion strong and smooth and our tummies happy.

Beans are excellent sources of iron, magnesium, and potassium. The body needs these minerals to grow, develop, and stay healthy.

Beans supply several B vitamins to our diet, especially folate (B-9). These vitamins contribute to healthy brain function, formation of red blood cells, increased energy, and decreased cancer and cardiovascular disease risk.

The fiber and protein in beans are good for stabilizing blood sugar. They are popular with vegans and vegetarians because they replace some of the nutrients found in meat.

Beany Expressions:

Bean counter = an accountant

Bean pole = describing someone tall and thin

Cool beans = when something is cool

It doesn't amount to a hill of beans = when something doesn't add up to much

Full of beans = full of energy, enthusiasm

Hasn't got a bean = doesn't have any money

Not worth a bean = not worth anything

Spill the beans = dish the dirt, tell the truth