White Bean Pasta Salad
Authors: Rachel Tessier and Desiree Tande, University of North Dakota

Overview

Duration: 25 to 35 minutes
Audience: Adults

Learning Objectives:
• Participants will be able to identify a health benefit of using whole wheat instead of just white pasta.
• Participants will be able to list two different protein sources that are in the recipe or could be added to the recipe.
• Participants will be able to identify the value of adding vegetables to a pasta salad.
• Participants will be able to state one health benefit of making their own salad dressing, compared with using a store-bought dressing.

Supplies Needs for this Lesson:

Cooking Tools:
• 2 strainers
• Cutting board
• Chopping knife
• Spoon
• Large pot and lid
• Can opener

Recipe Ingredients:
• White rotini noodles
• Whole-wheat rotini noodles
• Oil
• White vinegar
• White sugar
• Dry mustard
• Dried basil
• Dried oregano
• 1 can (15- to 19-ounce) white beans (you may want to purchase other types of beans such as black or chickpeas as examples of other options; look for low-sodium products)
• Crumbled feta cheese
• 3 medium tomatoes
• 2 celery stalks
• 1 small jicama (you may want to purchase other types of vegetables that participants may want to try in the recipe such as bell peppers, summer squash or cucumbers for display/discussion purposes).

Watch a Video Demonstration
http://tinyurl.com/ora2zzt
Wash your hands.

**Assemble equipment and prep ingredients.**
Get out necessary kitchen equipment (bowls, strainer, cutting boards, knives and measuring spoons/cups); start boiling water in a large pot on the stove, wash tomatoes, celery and jicama.

**Introduce yourself.**

Prior to beginning recipe-lesson, ask about food allergies to ensure no one is at risk.

**Present & Demonstrate Recipe Steps**

1. **Add uncooked rotini noodles to boiling water and cook for about 10 minutes.**
   - Explain the difference between white and whole-wheat pasta (whole-wheat pasta is less processed, has more fiber and will keep you fuller longer).

2. **Measure and combine in a small bowl the oil, white vinegar, white sugar, dry mustard, dried basil, dried oregano, white beans and feta cheese.**
   - Explain how making your own salad dressing is healthier (you control all the ingredients, it’s lower in sodium, you can customize to your own taste) than store-bought dressings (preservatives, high sodium content).
   - Suggest different types of spices (fresh or dried) to use in the recipe (rosemary, thyme, dill).
   - Explain the difference between purchasing crumbled feta cheese and feta cheese in brine (the brine makes feta cheese very salty).
   - Suggest different protein sources to use instead of the white beans (cooked chicken, canned tuna, cooked ham, chickpeas red kidney beans).

3. **Drain pasta and run under cold water to cool; drain again. Set aside in the pot.**
   - Explain that running pasta under cold water stops the cooking process and keeps the pasta from getting too soft/mushy.

4. **Chop tomatoes, celery and jicama.**
   - Explain that the vegetables were washed previously with plenty of cold water.
   - Ask what other types of vegetables could be used in the dish (peppers, red onions, carrots, cucumbers, spinach).

4. **Add cooked pasta and dressing mixture to the bowl with chopped tomatoes and celery; gently mix all ingredients together.**
   - Explain how you can keep pasta salad in the refrigerator for quick lunch and supper meals: Cook once; eat all week!
   - Explain how the longer the ingredients sit in the refrigerator, the more the flavors blend together.

**Questions?**

**Evaluation (verbal OR written):**

**Verbal Evaluation Option:**
- Ask participants to explain the benefit of including whole-wheat pasta in place of only white (refined) pasta.
- Ask participants to list two different protein sources that could be used in this recipe or are included in the recipe.
- Ask participants to list a benefit of adding vegetables to a pasta salad recipe.
- Ask participants to state one health benefit of making their own salad dressing, compared with using a store-bought dressing.

**Oral Evaluation Option:**
- Distribute the evaluation sheet and ask participants to complete it and return it to you before they leave.

**Wrap Up**
Give the participants the take-home handouts and thank them for attending.
Course Evaluation

Please place an “X” next to your answer:

1. What role do vegetables play in the recipe demonstrated today?
   - Add variety of colors and flavors
   - Increase nutrient content
   - Add different shapes and textures
   - All of the above

2. Why is whole-grain pasta used in addition to white pasta in the recipe?
   - Makes you feel fuller because it has more fiber
   - Is less expensive
   - Has more vitamin C

3. Which of the following foods that is in this recipe or could be added to it is NOT a good source of protein?
   - White beans
   - Chicken
   - Chickpeas
   - Onions

4. List a health benefit of making your own pasta salad.

5. How can the lesson be improved?
White Bean Pasta Salad  
6 Servings

1 cup uncooked white rotini noodles
1 cup uncooked whole-wheat rotini noodles
6 tablespoons canola oil (or other vegetable oil)
4 tablespoons white vinegar
2 tablespoons white sugar
2 teaspoons dry mustard (ground)
2 teaspoons dried basil (leaf)
2 teaspoons dried oregano (leaf)
1 can (15- to 19-ounce) white beans (strained and rinsed)  
look for low sodium/no added salt options
½ cup or 4 ounces crumbled feta cheese
3 medium tomatoes (washed and chopped)
2 celery stalks (washed and chopped)
1/2 of a small jicama (washed and chopped)

Directions:
1. In a large pot of boiling water, add uncooked rotini pasta; return to boil. Cook until pasta is tender, about 10 minutes. Drain pasta and run under cold water to cool; drain again. Set aside in the pot.
2. In a small bowl, combine the oil, white vinegar, white sugar, dry mustard, dried basil, dried oregano, white beans and feta cheese; mix well.
3. Combine tomatoes, celery and jicama in a large bowl; add cooked pasta and dressing mixture.
4. Gently combine ingredients and keep cool in refrigerator if desired.

Watch a video demonstration of the recipe
http://tinyurl.com/ora2zzt

Nutrition Facts

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<thead>
<tr>
<th>Serving Size (249g)</th>
<th>Servings Per Container</th>
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<tbody>
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<td>Calories from Fat 170</td>
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<tr>
<td>Total Fat 20g</td>
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<tr>
<td>Saturated Fat 4g</td>
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<td>Trans Fat 0g</td>
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<tr>
<td>Protein 11g</td>
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Vitamin A 15%  
Vitamin C 25%
Calcium 15%  
Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<th>Fat</th>
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Variety is the Spice of Life

Protein foods include animal (meat, poultry, seafood and eggs) and plant (beans, peas, soy products, nuts and seeds) sources.

Vary your protein food choices
- Eat a variety of foods from the Protein Foods Group each week.
- Experiment with main dishes made with beans or peas, nuts, soy and seafood.

Eat plant protein foods more often
- They are naturally low in saturated fat and high in fiber.
- Try beans and peas (kidney, pinto, black or white beans; split peas; chickpeas; hummus)
- Soy products (tofu, tempeh, veggie burgers)
- Nuts and seeds

Cook once; eat all week!
- Prepare a large batch of favorite recipes on your day off (double or triple the recipe).
- Refrigerate/freeze in individual containers. Use them throughout the week and you won’t have to spend money on take-out meals.

Created by Rachel Tessier, Student Dietitian