

Newsletter - March 2015

Products

I love the Explore Asian Organic Bean Pastas. They are gluten-free, high-protein and high-fiber. They are lighter in texture than other bean pastas and unlike most gluten-free pastas they do not easily overcook.. The Black Bean Spaghetti is my favorite. They also have a Edamame and Mung Bean Fettuccine and an Adzuki Bean Pasta Spaghetti Shape. Ingredients:

Ingredients: Beans and water. They are available online.

[Black Bean Spaghetti](#)

Recipe of the Month

Low Amine/Salicylate/Benzoate - To go with the Black Bean pasta or any pasta try this tomato free pasta sauce.

Tomato Free Pasta Sauce

Ingredients:

- 1 onion, chopped
- 4 cloves garlic, chopped
- 1 cup of carrots (cut into ½ inch pieces)
- 2 medium sweet potatoes cubed (about 4 cups)

- 3 tablespoons fresh lime juice
- Salt to taste
- 1/3 cup oil
- 1 tablespoon cornstarch or arrowroot starch
- 1/4 cup parsley, chopped

1. In a large stockpot, sauté the onion and garlic in a little olive oil until just starting to brown.
2. Add the carrots, diced sweet potatoes, lime juice and salt then cover (barely) with water.
3. Bring to a boil then lower the heat and simmer (covered) for 20-30 minutes until the carrots and sweet potatoes are very soft.
4. Blend the contents of the pot until smooth (in batches in a blender or with an immersion blender). Add the 1/3 cup oil during the blending.
5. Mix a small amount of the liquid with the cornstarch or arrowroot starch until very smooth Add the mixture back to the pot and simmer for 5-10 minutes until thickened.
6. Add parsley and serve over cooked pasta.

