

Newsletter - May 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 an Edamame and Mung Bean Fettuccine and an Adzuki Bean Pasta Spaghetti Shape.

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.
-