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**EASY PINTO BEAN PASTA**

Here’s another adapted recipe from Engine 2. Packed with fiber, whole grains and plenty of flare, this is a dish that satisfies and shows how simple healthy eating can be! Makes 1 medium serving.

**Ingredients:**

* ½ cup whole grain or gluten free pasta
* A little purified water for ‘frying’
* ¼ onion, diced
* 1 clove garlic, finely chopped or minced
* ¼ tsp. cumin
* ½ tsp. chili powder
* ½ tomato, diced
* ½ small zucchini, diced
* ½ can pinto beans, rinsed or 2/3 cup premade
* ¼ cup cilantro leaves, chopped
* Sea salt and pepper to taste

**Method:**

1. Cook the pasta as directed on the package.
2. Add a little water to a pot and bring to medium heat. Add the onion and cook for about 5 minutes.
3. Stir the garlic, cumin, and chili powder into the onions. Then, add the veggies and beans, cover the pot, reduce the heat to low, and cook for 5-10 minutes, stirring occasionally.
4. Add the cilantro to the vegetables. Stir until evenly mixed. Serve the vegetables over the whole grain pasta, and add salt and pepper to taste.