

APRIL IS NATIONAL SOYFOODS MONTH

Linguini with Roasted Garlic-Wine Sauce

Recipes provided by...

Soybeans

Nebraska Soybean Board



Soybean Tip...

Soy pasta gives you an extra shot of protein.

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INGREDIENTS...

1	Garlic bulb*, skin attached	2 cups	Tomatoes (2 medium), seeded and diced
2 tsp	Soybean oil (vegetable oil)	1 cup	Edamame (Whole green soybeans), shelled and cooked
8 oz	Linguini, fresh or dry	1/2 cup	Pine nuts, toasted
2 tbsp	Soybean oil (vegetable oil)	1/4 cup	Basil**, fresh, chopped
3 tbsp	Shallots, minced	1/4 cup	Parmesan, grated
1/2 cup	Dry white wine		
1/2 cup	Chicken or vegetable broth		

Preheat oven to 400°F. Cut pointed top off garlic head, leaving cloves intact, and place on square of aluminum foil. Drizzle 2 teaspoons oil over cloves. Seal foil around garlic and bake at 400°F for 30 to 40 minutes or until cloves are soft; cool. Squeeze paste from cloves, mash and set aside. Prepare linguini as directed on package; drain and set aside. Heat 2 tablespoons oil in medium saucepan. Add shallots and garlic paste. Sauté until shallots are translucent, stirring occasionally. Add wine and chicken broth, bring to boil and simmer until reduced in half. Add tomatoes and edamame. Cook 1 minute until warmed, stirring gently. Stir-in pine nuts and basil. Remove from heat; add salt and pepper to taste. Spoon over linguini and sprinkle with Parmesan.

* May substitute 1/4 teaspoon garlic powder for the head of garlic, if desired.

Add garlic powder with the chicken broth.

** May substitute 1 tablespoon dried basil for fresh basil, if desired.

Makes 4 servings.

Per serving:

Calories: 380

Total fat:..... 22 g

Cholesterol:..... 5 mg

Sodium:..... 250 mg

Carbohydrate:..... 29 g

Protein: 14 g

Dietary Fiber: 6 g

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