PLANTifull Fare

Hi ,

After a long stretch that included grandcaring for two grandchildren under two, welcoming our third grandbaby, Jeff's bout with pneumonia, and six months of shoulder trouble for me, we are more than ready for this vacation.

And with only days to go before our arrival, Hurricane Lowell brought damaging winds and rain to Kauai. Really?

We have been watching the island's recovery closely and thinking about everyone affected. Our hotel is scheduled to reopen on Monday, September 14, so—fingers crossed—we are still planning to go. Our bags are packed, and we plan to board our flight Tuesday morning.

As I work through my usual pre-vacation to-do list, clearing perishables from the refrigerator and using open packages from the pantry are near the top. I don't want to buy more groceries—but we still have to eat.

That is exactly when beans and pasta earn their place at the table.

This is the second of five flexible formulas in the new guide I am finishing, *You Bought the Beans. Now What?*

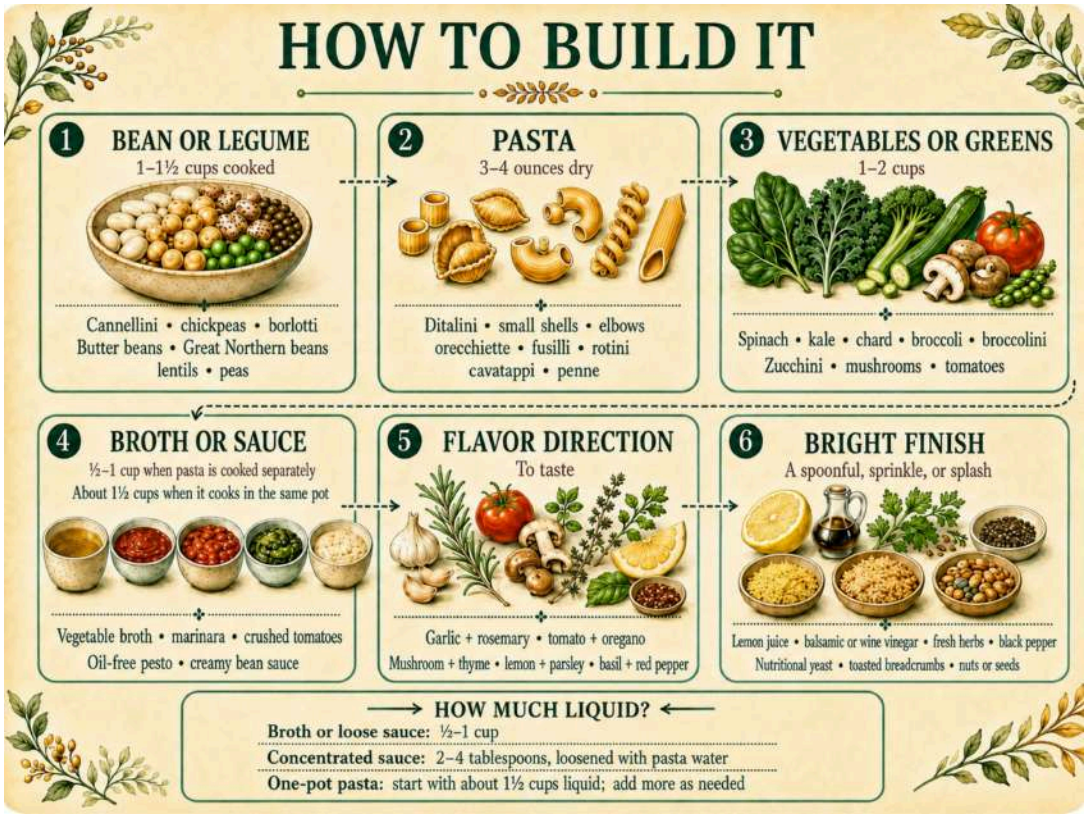
Beans + Pasta = A Comforting Pasta Dinner

The Basic Formula

Beans + Pasta + Vegetables or Greens + Broth or Sauce + Flavor Direction + Bright Finish = A Comforting Pasta Dinner

Start with cooked beans and pasta. Add whatever vegetable or green needs to be used, bring everything together with broth or sauce, and finish with herbs, citrus, pepper, or something briny.

It is a flexible combination that can turn the odds and ends in a nearly empty kitchen into dinner.

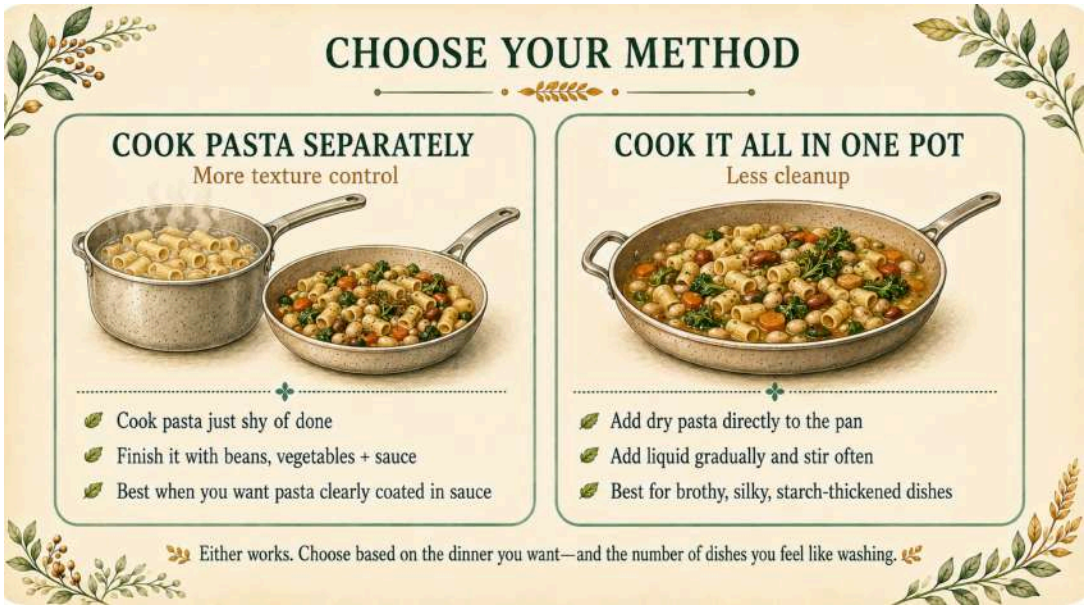


Kitchen Tip: Don't Pour Away the Pasta Water

Before draining your pasta, scoop out some of its cloudy cooking water.

That starch-rich water can loosen a sauce, help it cling to the pasta, and bring the beans, vegetables, and other ingredients together. Add it a splash at a time until the consistency is just right.

You may not need it all—but you will be glad you saved it.



If You Really Want a Recipe

WFPB Pasta e Ceci Estiva (Pasta and Chickpea Summer Soup)

This light combination of chickpeas and pasta shows the formula in action. It is simple, pantry-friendly, and especially fitting for those in-between September days when summer has not quite given way to fall.

By the time you read this, Jeff and I may already be on our way to Hawaii. I have scheduled another note to arrive on October 1 while we are away.

Before I go, I would love to know:

What bean is sitting in your pantry right now?

Hit reply and tell me. Your answer may help shape the ***Bean Dinner Helper*** tool I'm developing for everyday cooks like you.

I'll share more when it is ready.

Until then, let your pantry surprise you.

Donna
PLANTifull Fare

P.S. If you enjoyed this newsletter, I'd love for you to pass this along to friends and family so they can subscribe too! Feel free to direct them to my home page, join page, Instagram profile or any individual blog post. Your support means the world to me!

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Ready for More?

My goal is to inspire **you** to embrace a plant-fueled lifestyle for a healthier, more vibrant life.
Tell me which classes interest you, explore a few helpful freebies or add a flavor boost with my favorite kitchen ingredient: California Balsamic vinegars.

📋 Cooking Class Interest
Tell me what classes you'd like to see

🥗 Free Salad Dressing Recipes
Oil- & dairy-free inspiration

🍇 Shop My Favorite California Balsamics
Add rich, tangy flavor to salads, roasted veggies, and desserts

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