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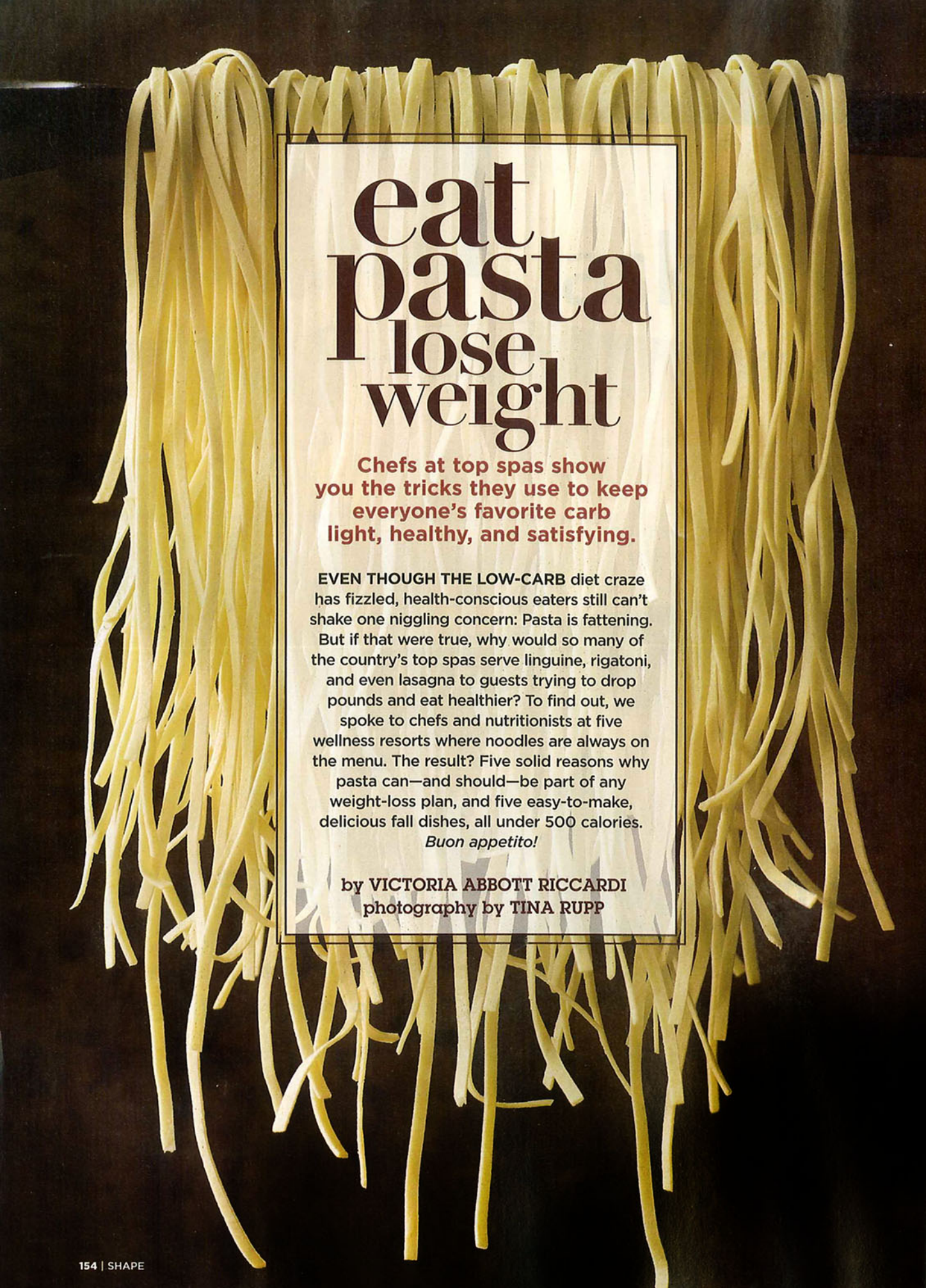

eat pasta lose weight

Chefs at top spas show you the tricks they use to keep everyone's favorite carb light, healthy, and satisfying.

EVEN THOUGH THE LOW-CARB diet craze has fizzled, health-conscious eaters still can't shake one niggling concern: Pasta is fattening. But if that were true, why would so many of the country's top spas serve linguine, rigatoni, and even lasagna to guests trying to drop pounds and eat healthier? To find out, we spoke to chefs and nutritionists at five wellness resorts where noodles are always on the menu. The result? Five solid reasons why pasta can—and should—be part of any weight-loss plan, and five easy-to-make, delicious fall dishes, all under 500 calories. *Buon appetito!*

by VICTORIA ABBOTT RICCARDI
photography by TINA RUPP

SOLAGE CALISTOGA RESORT
calistoga, ca

FARFALLE WITH SPEEDY TOMATO SAUCE, CANNELLINI BEANS, AND BROCCOLI RABE

SERVES 6
PREP TIME: 20 MINUTES
TOTAL TIME: 45 MINUTES

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- Salt
- 4 cloves garlic, minced
- 1 pinch red chili flakes
- 6 cups broccoli rabe leaves and florets, rinsed and chopped
- 3 cups diced ripe tomatoes
- 1 tablespoon minced fresh oregano, plus oregano sprigs for garnish (optional)
- 12 ounces farfalle (bow-tie) pasta
- 1 15-ounce can cannellini beans, drained and rinsed
- ¾ cup grated Romano cheese

Bring a large pot of water to a boil. Meanwhile, in a large saucepan, heat oil over medium. Add onion and a pinch of salt; sauté for 6 minutes or until golden. Stir in garlic, chili flakes, and broccoli rabe. Cook for 8 minutes or until greens have softened.

Stir in tomatoes and minced oregano, along with another pinch of salt. Reduce heat to medium-low and simmer gently.

Once water comes to a boil, add farfalle and cook for about 7 minutes or until al dente. Halfway through simmering sauce and cooking pasta—about 5 minutes—add beans to sauce, crushing them slightly with a potato masher or a fork to thicken sauce. Continue simmering for another 5 minutes while pasta cooks.

Drain pasta and immediately return to cooking pot. Add half the sauce and stir to mix. Divide pasta among 6 plates and top with remaining sauce. Top with cheese and oregano sprigs, if desired.

NUTRITION SCORE PER SERVING
(1⅔ cups): 374 calories, 8g fat, 3g saturated fat, 62g carbs, 18g protein, 9g fiber, 259mg calcium, 4mg iron, 332mg sodium

it's the perfect platform for veggies

According to Brandon Sharp, executive chef at Solage's restaurant, Solbar, "Pasta with veggies is one of the quickest, easiest, and most satisfying dishes you can make." The noodles provide protein and slow-releasing energy, while the produce adds nutrients, fiber, and antioxidants. "Any combination works: Just head to your local market or farm stand and see what looks best," he says. To keep the calories low, he aims for a 50/50 produce-to-pasta ratio. He also balances the sweet and acidic notes in a dish to bring out the flavors of all the ingredients. In this recipe, a splash of olive oil softens the acidity of the tomatoes, while a little salty Romano cheese counters the sweetness of the onions.