

Parking Sun's Fava Beans and Pasta

I created this dish for people with Parkinson's disease, including myself. It features fava beans, which may help control the symptoms of PD. However, I advise you to research the effects of fava beans first. A good place to begin is the online article "Fava Beans, Levodopa, and Parkinson's Disease," by Kathrynne Holden, MS, RD (<http://www.scienzavegetariana.it/nutrizione/favabeans.html>). If you decide to eat fava beans often, consult your doctor.

- 1 lb. 12 oz. bag of Goya frozen fava beans (available in many supermarkets)
 - 16 oz. box of rotini, elbow macaroni, or other pasta shape that's easy to eat with a spoon
 - 2 oz. can of flat anchovy filets in pure olive oil
 - 1/2 cup extra virgin olive oil
 - 1/4 cup flax seeds, freshly and partially ground with a mortar and pestle
 - 6 garlic cloves, minced
 - 2 red bell peppers
 - 1 bunch scallions, thinly sliced
 - 1 tablespoon dried hot red pepper flakes
 - Freshly ground black pepper
 - Salt
 - Grated Parmesan cheese for serving
1. Prepare the fava beans. There are two ways to do this.
 - a. The easy way: Rinse them under lukewarm water. Remove any twigs, pieces of pod shells, and other debris. Boil for 20 minutes until they're soft enough to eat with the skins on.
 - b. The labor-intensive way: Boil for just 5 minutes, then plunge into cold water. When they are cool enough to handle, pick the beans up one at a time, gently squeeze the bean out of the skin, and discard the skins.
 2. Core the bell peppers and dice into pieces about the same size as the fava beans.

3. In a small pot, combine the garlic, flax seeds, oil from the can of anchovies, olive oil, and hot red pepper flakes. Dice the anchovy fillets and add them, too. Stir 1 minute over medium heat.
4. Boil pasta in lightly salted water. (The anchovies will give the dish plenty of salt.) Place diced red bell peppers into the colander where you will drain the pasta.
5. When the pasta is ready, transfer 2 cups of the pasta water to the pot with the garlic, anchovies and oil, and turn the heat to low.
6. Pour the rest of the pasta water into the colander over the diced bell peppers, and drain the pasta completely.
7. Return the pasta and bell peppers to the big pot. Pour the garlic-anchovy-olive oil sauce over it, and stir.
8. Add the diced scallions and stir again.
9. Serve with the grated cheese and black pepper on the side.

Notes:

1. If you prepare the fava beans the easy way, you'll get extra fiber from the skins, but the beans will look grayish-green. If you prepare the beans the labor-intensive way, the beans will be a beautiful bright green.
2. The flax seeds provide Omega-3 fatty acid, which helps prevent heart disease, certain kinds of cancer, and certain kinds of cognitive decline. They also give this sauce an unusual viscosity.
3. This meal is easy to eat with a soup spoon, a boon for people with Parkinson's.
4. Leftovers can be served cold the next day with a spritz of lemon juice.

- *Bruce Ballard, April 5, 2015*