

# Pasta with Greens and Beans

Use any of your favorite hearty greens in this warm, nutritious, and low-cost dish.

Makes: 12 servings, 3/4 cup per serving  
 Prep Time: 10 minutes  
 Cook Time: 12 minutes

Source: [CookingMatters.org/recipes/pasta-beans-and-greens](http://CookingMatters.org/recipes/pasta-beans-and-greens)

## Ingredients

- 1 package whole wheat pasta (16 oz)
- 2 medium onions
- 1 medium carrot
- 3 large garlic cloves
- 2 pounds spinach or kale (1 large bunch),
- 2 cans white beans (15.5 oz cans)
- 2 Tablespoons canola oil
- 1 teaspoon oregano
- 1 teaspoon dried red pepper flakes
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper

## Directions

1. Cook pasta following package directions. Drain, reserve 1 cup pasta water. Set aside.
2. While pasta is cooking, rinse, peel, and dice onions and carrot. Peel and mince garlic.
3. Rinse greens, more than once if needed to remove all grit. Remove tough stems. Chop coarsely.
4. In a colander, drain and rinse beans.
5. In a large skillet over medium-low heat, heat oil. Add garlic, carrot, onion, and greens. Cook until onions are soft.
6. Add 1/2 cup reserved pasta water and seasonings. Cook until greens are tender.
7. Add beans to greens. If needed, add more pasta water to make a sauce.
8. Add cooked pasta to beans and greens. Toss to combine. Cook until pasta is heated through, 5 more minutes.



Small Changes,  
**BIG Difference!**

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 or visit [snapedny.org](http://snapedny.org)



## Nutrition Information

Serving Size: 3/4 cup	
Nutrients	Amount
Calories:	410
Total Fat:	5 g
Saturated Fat:	0.5 g
Cholesterol:	0 mg
Sodium:	340 mg
Total Carbohydrates:	74 g
Dietary Fiber:	15 g
Total Sugars:	3 g
Protein	23 g

## Utensils Needed

- Can opener
- Colander
- Cutting board
- Large pot
- Large skillet
- Measuring cups and spoons
- Sharp knife
- Vegetable peeler

# SHOPPING LIST







Average total cost : \$8.87

Average cost/serving: \$0.74

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Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

## Ingredients

<input type="checkbox"/>		Add 1 to Cart Whole wheat pasta, 16 oz	<input type="checkbox"/>		Add 1 to Cart Garlic, bulb
<input type="checkbox"/>		Add 2 to Cart Onion, medium	<input type="checkbox"/>		Add 1 to Cart Kale, 1 bunch
<input type="checkbox"/>		Add 1 to Cart Carrot, 1 lb bag	<input type="checkbox"/>		Add 2 to Cart White beans, 15.5 oz

## SAVE TIME, SAVE MONEY

### Cooking Notes

- For extra flavor, top with hot sauce or grated Parmesan cheese.
- Use Swiss chard or any of your other favorite hearty greens instead of or in addition to the kale or spinach.
- Use olive oil instead of canola oil, if you like.
- Some ingredients come in amounts larger than what is needed for this recipe, like the spices. These dry ingredients have a long shelf life - look up more healthy recipes at <https://www.snapedny.org>.

### My Cooking Notes