

Hearty Pasta with Beans & Greens

Your favorite Italian flavors combine to make the perfect pasta dinner.

Makes: 6 Servings
 Prep Time: 10 minutes
 Cook Time: 30 minutes

Source: Food Hero



Small Changes,
 BIG Difference!

Ingredients

- 8 oz uncooked whole grain pasta (try penne)
- 1 Tbsp vegetable oil
- 3 cloves garlic, or ¾ tsp garlic powder
- 10 oz. frozen spinach
- 1 can diced tomatoes with juice
- 1 can white beans, drained and rinsed
- ½ tsp salt
- ½ tsp black pepper
- ½ cup grated Parmesan cheese

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing .
3. Cook pasta according to package directions. Drain and set aside.
4. In a large skillet, heat oil over low heat. Add garlic and cook until soft.
5. Add spinach, tomatoes with juice, beans, salt, and pepper. Cook uncovered for 5 minutes after the mixture begins to bubble.
6. Add drained pasta and Parmesan cheese. Toss well and serve warm.
7. Refrigerate leftovers within 2 hours



Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	250
Total Fat:	6g
Saturated Fat:	2g
Cholesterol:	0mg
Sodium:	380mg
Total Carbohydrates:	38g
Dietary Fiber:	6g
Total Sugars:	4g
Added Sugars:	0g
Protein	12g

Utensils Needed

- Large pot for pasta
- Colander
- Skillet or sautee pan
- Cutting board
- Sharp knife
- Measuring spoons
- Measuring cups
- Mixing spoon



SHOPPING LIST

Average total cost without oil and seasonings: \$7.75

Average cost/serving: \$1.29

Makes: 6 Servings

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

Ingredients



Add 1 to Cart
Whole Grain Pasta



Add 1 to Cart
Parmesan cheese



Add 1 to Cart
Frozen spinach



Add 1 to Cart
Diced tomatoes



Add 1 to Cart
White beans

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Try other greens like Swiss chard or kale
- Add crushed red pepper for a little heat.

