

Pasta with Greens and Beans

Serves 8

- 8 ounces pasta, cooked (penne works great!)
- 1/3 cup canola or vegetable oil
- 1 tablespoon garlic, peeled and minced
- 12 ounce package of frozen spinach (or use fresh or canned)
- 1 (15-ounce) can diced tomatoes with juice
- 1 (15-ounce) can white beans, drained and rinsed
- 1/2 teaspoon pepper
- 1/2 cup grated parmesan cheese



1. Heat oil in large skillet. Add garlic and cook on low until soft.



2. Add spinach, tomatoes with juice, drained beans, and pepper. Simmer 5 minutes.

3. Add pasta and parmesan. Toss well and serve.

Nutrition information per one cup serving: calories 290, fat 12g, carbohydrate 39g, fiber 4g, protein 11g



Recipe from Oregon State University Extension Service.



.....
Healthy Tip

- Substitute 6 cups fresh
- spinach or other greens
- such as chard or kale.

