

Spinach, Beans and Pasta

Recipe makes 1 serving

Serving size: approximately 3 cups

Calories per serving: 620

Ingredients

1 ½ tablespoons extra virgin olive oil

3 tablespoons defrosted spinach, or 1 cup of fresh spinach

½ cup canned cannellini beans, drained and rinsed well

1 cup canned, diced tomatoes

3 ounces (dry weight) whole wheat pasta

Optional: garlic, herbs (rosemary, basil, thyme, oregano). Salt and pepper for the vegetables.

Directions

Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta as directed on the box.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Add any optional ingredients (garlic, herbs) and stir to combine.

Stir in the defrosted spinach; season with salt and pepper. Cook for about 5 minutes.

Add the drained, rinsed cannellini beans; heat on medium 5 to 6 minutes, stirring often.

Add the canned tomatoes; turn the heat to low and heat until the pasta is cooked.

Toss with cooked pasta and serve.