



Pasta with Greens and Beans

Serving Size: 1 cup

Yield: 8 Servings



Ingredients:

8 ounces pasta (try penne)

1/3 cup vegetable oil

1 tablespoon minced garlic

12 ounces frozen spinach

15 ounces (1 can) diced tomatoes with juice

15 ounces (1 can) white beans

1 teaspoon salt

1/2 teaspoon pepper

1/2 cup grated parmesan cheese

Directions:

1. Cook pasta according to package directions. Set aside.
2. Heat oil in large sauté pan or skillet. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with juice, drained beans, salt and pepper. When the mixture bubbles, cook gently, uncovered for 5 minutes.
4. Add pasta and parmesan to spinach mixture. Toss well and serve.

Tips: *Substitute cleaned and chopped fresh spinach (about 6 cups).*

Try other greens, such as Swiss chard or kale. Be sure to clean greens well, and cook until soft.

Nutrition Facts: Calories, 290; Calories from fat, 100; Total fat, 12g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 5mg; Sodium, 460mg; Total Carbohydrate, 39g; Fiber, 4g; Protein, 11g; Vitamin A, 110%; Vitamin C, 40%; Calcium, 15%; Iron, 15%.

Source: Oregon State University Extension Service, www.foodhero.org



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