

Common Sense COOKING

Spinach, Beans and Pasta

4 Tablespoons extra virgin olive oil
1 clove garlic, chopped
1 10-oz. package of chopped spinach (defrosted if frozen, drained if canned)
1 15-oz. can cannellini beans, drained and rinsed well
1 14.5 oz. can of "Petite Diced" chopped tomatoes (1/2 of a 28 oz. can)
8 oz. small pasta
Dried oregano, basil, salt, pepper (optional)

Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta.
Heat the olive oil on low. Add the garlic and any dried herbs. Stir to combine.
Add the defrosted, drained spinach and mix into the heated oil. Season with salt and pepper. Heat for 3- 5 minutes.
Stir in the drained, rinsed cannellini beans. Cook 3-5 minutes, stirring occasionally.
Stir in the canned tomatoes. Turn the heat up to medium/high.
Heat until the pasta is cooked.

Toss with 8 oz cooked pasta (2oz dry weight/ 1 cup cooked pasta per serving).

Calories per serving, ¼ of recipe - 410

Comment: This is a very easy, quick to prepare meal and can be made with other vegetables (e.g., broccoli, peppers) and leftover cooked pasta.