

PASTA WITH GREENS AND BEANS

Ingredients

Serves 6 people

3 cups pasta, cooked (1.5 cups uncooked)

1 (15 oz) can spinach, rinsed and drained

1 (15 oz) can diced tomatoes

1 (15 oz) can white beans, rinsed and drained

1 teaspoon garlic powder

Salt and pepper to taste



Directions

1. Cook pasta according to package directions. Set aside.
2. In a large skillet over medium heat add tomatoes with juice, rinsed spinach, drained beans, garlic powder, salt, and pepper to taste then cook uncovered for about 5 minutes or until it bubbles.
3. Add drained pasta to spinach mixture. Toss well and serve warm.

Nutritional Value

218 Calories

12g Protein

1g Fat

62 mg Sodium

42g Carbohydrates

Marion County Public Health Department
NUTRITION SERVICES

