

Pasta with Garlic, Spinach and White Beans

Makes 8 servings | Serving size: 1 cup

Ingredients Needed:

- 1 pound whole wheat pasta
- 1/4 cup oil, canola or olive
- 4-6 cloves garlic (2-3 teaspoons),
minced
- 5 cups baby spinach, washed and dried if not prewashed
- 1 (15 oz.) can cannellini beans, drained and rinsed
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- (optional) 1/4 cup Parmesan cheese, grated



Directions:

1. Cook pasta according to package directions, drain well, and transfer back into the pot.

2. In a large pan over medium heat, heat the oil and add the minced garlic.
3. Cook the garlic for 1–2 minutes, or until fragrant, stirring a few times.
4. Add spinach and stir until wilted.
5. Add drained and rinsed cannellini beans, salt, and pepper. Stir together.
6. Add drained pasta to the pan and stir.
7. (Optional) turn the heat off, add Parmesan cheese, and stir together.

Variations:

- Substitute whole wheat pasta with gluten-free or bean pasta.
- Substitute beans with cooked chicken or lean ground meat.