

Making it delicious

TUSCAN WHITE BEAN PASTA

Ingredients

- 8 oz Long whole wheat pasta
- 2 Tbsp Olive oil
- 3 Garlic cloves minced, or 1.5 tsp jarred, minced garlic
- 1 pint grape or cherry tomatoes
- 10 grinds/shakes ground pepper
- 1/4 tsp salt (optional)
- 1-2 tsp Italian seasoning (to taste)
- 1 15 oz can Low sodium cannellini beans
- 4 oz baby spinach (fresh or frozen)
- 1/2 cup shredded parmesan cheese

Adapted from Budgetbytes.com



Photo from BudgetBytes.com

Nutrition Facts

servings per container	
Serving size	(286g)
Amount per serving	
Calories	420
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 390mg	17%
Total Carbohydrate 64g	23%
Dietary Fiber 13g	46%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 189mg	15%
Iron 5mg	30%
Potassium 989mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions

- Fill a large pot with water and bring to a boil over high heat. Cook pasta according to directions. Drain the pasta in a colander.
- While waiting for the water to boil, mince the garlic. Heat olive oil over medium-low heat. Add garlic and sauté for about a minute until it is soft and fragrant.
- Add the tomatoes, salt, pepper, and Italian seasoning. Sauté the tomatoes until the skins burst and the tomatoes begin to release their juices.
- Add the spinach and stir into the tomatoes till half way wilted.
- Drain and rinse cannellini beans. Add the beans to the skillet until they are heated through and the sauce thickens.
- Taste and add Italian seasoning, pepper to taste.
- Add the cooked pasta to the skillet and toss until covered with sauce.
- Top each serving with 1-2 Tbsp of shredded parmesan cheese.

SERVINGS: 4 | PREP TIME: 20 MIN