Pasta with Spinach, Tomatoes, and Beans

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 1 teaspoon garlic powder
- 1 15-oz. can kidney beans or chickpeas, drained and rinsed
- 1 15-oz. can diced tomatoes, partially drained
- 1 15-oz. can low-sodium chicken broth
- 2 cups fresh spinach leaves
- 2 cups cooked whole wheat pasta
- Pepper to taste
- 4 tablespoons Parmesan cheese for serving

Directions

1. Heat the oil in a skillet on medium heat and swirl to coat the pan.
2. Add the onions and celery to the pan, stirring frequently. Cook until they are translucent, about 3 minutes.
3. Add garlic powder and stir.
4. Add the beans, canned tomatoes, and chicken broth and stir. Allow to simmer for about 5 minutes.
5. Add the spinach and pasta noodles. Mix well and allow to heat through for 2-3 minutes.
6. Season with pepper and Parmesan cheese to taste.

Serves: 6 • Serving Size: 1 cup • Prep Time: 10 minutes • Cook Time: 20 minutes

This institution is an equal opportunity provider.
Chef Tips

1. Add leftover cooked veggies or frozen veggies that you may already have
2. Add other leafy greens instead of spinach
3. Add 2 teaspoons of red pepper flakes during step 3 to add a little spice
4. Experiment with different types of whole wheat noodles – you can also try this recipe with cooked brown rice
5. Garnish with fresh basil

Supplies

- Measuring cups
- Measuring spoons
- Cutting board
- Knife
- Strainer
- Large skillet
- Wooden spoon

Nutrition Facts Per Serving: 175 Calories, 4 g Fat, 27 g Carbohydrate, 10 g Protein, 181 mg Sodium

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