



# Pasta with Spinach, Tomatoes, and Beans



1-800-WIC-1007

## 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*

## 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



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## 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*