**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

**Supplies**

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

**Chef Tips**

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

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