

### Mediterranean Pasta

Here's a light and healthy pasta recipe with beans and vegetables that would make a great lunch to bring to work or school!

Recipe by Kat Palmer  
Makes 4 Servings  
Price Per Serving: \$1.63  
Prep Time: 7 minutes | Cook Time: 12 minutes



- 8 oz whole wheat pasta (penne or fusilli)
- ¼ cup of water reserved from pasta boiling or chicken/vegetable broth
- 1 6 oz bag of spinach or 8 cups of pre-washed spinach
- 1 15 oz. can of red kidney beans, rinsed and drained
- 1 small onion, chopped (about 1 cup)
- 2-3 large cloves of garlic, thinly sliced
- 2 tbsp olive oil
- 1 cup grape tomatoes, halves
- 1 tsp red pepper flakes (optional for an added kick)
- 1-2 tbsp Parmesan cheese (optional)

Start by heating a pot of water for the pasta. Once the water is boiling, cook the pasta per package instructions. While waiting for the water to boil and pasta to cook, use a large saucepan to sauté chopped onion with the chopped garlic cloves in the 2 Tbsp. of olive oil for about 5 minutes at low-medium heat. Add the rinsed and drained kidney beans and optional red pepper flakes to the skillet along with the ¼ cup of reserved pasta water (OR ¼ cup broth of choice) and then begin to add spinach by the handful. Cook down the spinach and continue to gradually add more until all spinach is sautéed. At this point, turn off the heat. Toss drained, cooked pasta into the saucepan. Serve with halved cherry tomatoes and sprinkle parmesan cheese as a topping.

| <b>Nutrition Facts</b>        |      |                      |     |
|-------------------------------|------|----------------------|-----|
| Serving Size 285 g            |      |                      |     |
| Amount Per Serving            |      |                      |     |
| Calories 377                  |      | Calories from Fat 75 |     |
|                               |      | % Daily Value*       |     |
| <b>Total Fat</b> 9g           |      |                      | 13% |
| Saturated Fat 1g              |      |                      | 6%  |
| Trans Fat                     |      |                      |     |
| <b>Cholesterol</b> 0mg        |      |                      | 0%  |
| <b>Sodium</b> 366mg           |      |                      | 15% |
| <b>Total Carbohydrate</b> 66g |      |                      | 22% |
| Dietary Fiber 12g             |      |                      | 50% |
| Sugars 4g                     |      |                      |     |
| <b>Protein</b> 16g            |      |                      |     |
| Vitamin A                     | 119% | Vitamin C            | 41% |
| Calcium                       | 13%  | Iron                 | 29% |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com