

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

\*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**