

Spinach, beans and pasta

4 servings

6 Tablespoons	extra virgin olive oil *
15 oz can	cannellini beans, drained and rinsed well *
10 oz package	spinach, chopped; frozen, defrosted
1-28 oz can	tomatoes *

12 ounces
(dry weight) pasta, preferably whole wheat *

Optional: garlic, herbs (rosemary, basil, thyme, oregano). Salt and pepper for the vegetables.

Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta.

1. heat the olive oil on low. Add any optional ingredients and stir to combine. Heat for 2-3 minutes.
2. add the drained, rinsed cannellini beans and stir into the oil. Turn the heat up to medium/high and stir in the defrosted, drained spinach. Season with salt and pepper.
3. heat on medium/high 8-10 minutes, stirring often. Stir in the herbs.
4. add the canned tomatoes and heat until the pasta is cooked.

Toss with cooked pasta and serve.

Approximate cost for the recipe: \$4.88 or \$1.22/per serving.