

WHITE BEAN PASTA

Yield: 4 servings | Total Preparation Time: 30 minutes



Ingredients

- 8 oz. pasta
- 1 (15 oz.) can cannellini beans, rinsed and drained
- 1 tablespoon cooking oil
- 1 tablespoon butter
- 3 cloves garlic (or 1/2 tsp garlic powder)
- 1 pint cherry tomatoes (or 1- (16 oz) can fire-roasted tomatoes, drained)
- 4 oz baby spinach
- 1/2 tsp salt
- 1/2 tsp dried basil
- Parmesan cheese and black pepper to taste

Instructions

1. Cook pasta according to package instructions.
2. Heat oil in pan over medium heat. Sauté garlic until fragrant, or about 1 minute.
3. Add tomatoes, salt, pepper and basil. Sauté tomatoes until the skins burst and the tomatoes begin to release their juices.
4. Add spinach and stir until it is halfway wilted.
5. Add rinsed and drained cannellini beans to skillet and stir until heated through. Taste mixture and adjust seasonings per preference.
6. Add the cooked and drained pasta to the skillet and stir until evenly mixed. Top with shredded parmesan to taste.



*This meatless recipe is high in protein **and** fiber! Beans are a great meat-alternative to use in your favorite recipes, like pasta or sloppy joes. Meats contain saturated fat, the "unhealthy fat" that can contribute to the buildup of plaque in our arteries. Replacing meat with a meatless option, at least once per week, is a very heart-healthy thing to do!*

