

WHITE BEAN, TOMATO, SPINACH PASTA

This recipe is an affordable and delicious, nutritious filling meal with whole grains, vegetables, and protein foods. This dish uses low-sodium canned and frozen vegetables and incorporates flavor from onion, garlic, herbs, vinegar, and a small amount of parmesan cheese. This dish incorporates many foods that support our brain health and our overall health, including green leafy vegetables, whole grains, and beans. You can customize this dish, using different herbs for flavor or using different types of lean proteins.

Serving Size: 1 cup

Serves: 5

INGREDIENTS

4-6 quarts of water

8 ounces whole wheat rotini pasta (1/2 of a 16-ounce package)

1 ½ tablespoons olive oil

¼ small onion, diced (or ¼ cup diced frozen onion)

2-3 garlic cloves, diced (or 1 - ½ teaspoons of jarred minced garlic)

1 (14.5 ounce) can low-sodium diced tomatoes

1 (14.5 ounce) can low-sodium cannellini beans, rinsed and drained

¼ cup frozen spinach, cooked and drained*

1/2 cup low-sodium vegetable broth, divided

2 teaspoons dried basil

2 teaspoons dried oregano

2 teaspoons dried parsley

2 teaspoons balsamic vinegar

¼ cup shredded or grated parmesan cheese

DIRECTIONS

1. Wash your hands with warm, soapy water for 20 seconds.
2. Add water to a stockpot. Heat over medium-high heat until the water is boiling.

3. Add your pasta to the boiling water and cook for about 7 minutes (or follow the package directions to find the recommended cooking time), stirring as needed, until al dente**. Drain the pasta in a colander.
4. While the pasta is cooking, begin making the sauce.
5. In a large skillet, heat the olive oil over medium heat.
6. Add the diced onion to the olive oil and cook until the onions become clear, about 5 minutes. Stir occasionally. Frozen onions may take longer to cook than fresh onions.
7. Add the diced garlic to the pan and cook for an additional 1-2 minutes, making sure to stir the mixtures so that the garlic doesn't burn.
8. Add the diced tomatoes, cannellini beans, frozen spinach, and 1/4 cup of vegetable broth to the pan. Stir to combine.
9. Add the black pepper, basil, oregano, parsley, and balsamic vinegar. Stir to combine.
10. Bring the sauce to a simmer. Allow the sauce to simmer for about 10 minutes, stirring occasionally. If the sauce looks too dry, add the additional ¼ cup of vegetable broth.
11. Add the cooked noodles to a large serving bowl, or in individual bowls. Top the cooked noodles with sauce and sprinkle with parmesan cheese. Enjoy!

*You can drain your spinach by placing the frozen spinach in a strainer and carefully pressing, with a kitchen utensil or your hand (if the spinach has cooled until it is safe to touch) to drain excess water. You can also place the cooked spinach (after cooling) on a few clean paper towels and squeeze the excess water to drain.

This video shows you how to drain spinach: <https://www.facebook.com/FoodeTalk/videos/446930226414867>

**Al Dente means “to the tooth” in Italian. When pasta is cooked until it is al dente, this means that the pasta still has a “bite” or a bit of a “firm texture”. If you prefer a more tender pasta, cook for a few minutes longer.