

Family Recipe - from Share Our Strength

Pasta with Beans and Spinach

Serves 6-8

- 1 (13 ounce) package whole wheat pasta
 - 1 medium carrot
 - 1 large clove garlic
 - 2 medium onions
 - 1 (10 ounce) package of frozen spinach, defrosted and squeezed of water
 - 2 Tablespoons canola oil
 - 1/2 cup water
 - 1 teaspoon dried oregano
 - 1 teaspoon dried red pepper flakes
 - 1 teaspoon salt
 - 1/2 teaspoon ground black pepper
1. Cook pasta according to package directions, drain and set aside.
 2. While pasta is cooking peel, rinse and dice carrots and onions. Peel and mince garlic.
 3. Heat canola oil in a large saute pan over medium-low heat and saute garlic, carrot, onion and spinach until onions are soft.
 4. Add 1/2 cup water and spices and cook until greens are tender.
 5. Drain and rise beans in colander. Add beans to greens. If needed, add a little water to make sauce.
 6. Toss greens and beans with cooked pasta and cook for 5 minutes or until pasta is heated through.



COMMUNITY SERVINGS

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