**Tomato, Spinach, and Cannellini Bean Pasta**

**Nutrition Facts Per Serving:**
- Calories: 340
- Total Fat: 4.5 g
- Saturated Fat: 0.5 g
- Sodium: 75 mg
- Total Carbohydrate: 61 g
- Dietary Fiber: 11 g
- Protein: 15 g

**Inspired by a recipe submitted by Georgina Hignell RD, Northport VAMC**

**For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)**

**Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes**

**Yield: 6 servings | Serving Size: 1½ cups**

**Ingredients**

1 tablespoon oil
1 medium onion, sliced thin
4 cloves garlic, minced (about 2 teaspoons)
4 cups (32 ounces) no-salt-added or low-sodium vegetable or chicken broth
12 ounces whole-wheat strand pasta (e.g. linguine, spaghetti), uncooked
1 (14.5-ounce) can no-salt-added diced tomatoes
1 (10-ounce) package frozen chopped spinach
1 (15.5-ounce) can no-salt-added cannellini beans, drained and rinsed
2 teaspoons dried oregano
1 teaspoon ground black pepper

**Directions**

1. Heat a large saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and garlic.
4. Sauté until the onion is soft, about 4-5 minutes.
5. Add the broth, pasta, diced tomatoes with their liquid, spinach, cannellini beans, oregano, and black pepper. Stir to combine.
6. Increase the heat to high and bring to a boil.
7. Reduce the heat to a low simmer and cover the pot with a lid.
8. Cook, stirring frequently, until almost all the liquid has been absorbed and the pasta is tender, about 10 minutes.
9. Taste and adjust seasoning as needed.
10. Serve warm.