



Pasta & Beans

Makes 6 servings



Washington Farmers
Market Nutrition Program

Ingredients:

3 cups uncooked pasta
1 medium bell pepper, chopped
1 zucchini, sliced
1/2 cup chopped onion
2 cloves garlic, chopped
3 - 4 small tomatoes, diced
1/2 cup low sodium broth
1 tablespoon chopped fresh or
1/2 teaspoon dried rosemary
leaves, crumbled
2 cups lightly packed spinach
1 can white beans, drained
Parmesan cheese (optional)

Directions:

1. Cook and drain pasta according to package instructions.
2. While pasta is cooking, spray a skillet with cooking spray and heat over medium heat. Cook bell pepper, zucchini, onion and garlic about 6 minutes or until vegetables are crisp-tender.
3. Add tomatoes, broth, and rosemary to vegetable mixture. Reduce heat and simmer uncovered for about 3 minutes.
4. Stir in spinach and white beans and simmer until spinach is wilted.
5. Toss vegetable mixture with the cooked pasta and sprinkle with cheese.



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Nutrition Facts	
Serving size: 1/6 of recipe (324g)	
Servings Per Recipe 6	
Amount Per Serving	
Calories 313	Cal. from Fat 14
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 467mg	20%
Total Carbohydrate 62g	20%
Dietary Fiber 7g	30%
Sugars 0g	
Protein 14g	
Vitamin A 70%	Vitamin C 155%
Calcium 8%	Iron 15%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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OPTIONS

- ◆ Try using another green leafy vegetable in place of spinach such as kale, mustard greens, or Swiss chard. They will take longer to cook than spinach.
- ◆ Use canned tomatoes if fresh are not available or are too expensive.
- ◆ Instead of rosemary, try using oregano, basil or thyme.

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