

Pasta with Greens, Beans, and Chicken

Makes: 6 Servings

Ingredients

- 16 ounces** pasta, whole wheat
- 1 tablespoon** vegetable oil
- 1/2** onion, chopped
- 3 cloves** garlic, chopped
- 2 cups** cooked chicken cubes (or 3 chicken sausages, chopped)
- 6 cups** spinach, chopped (or 1 bunch Swiss chard)
- 1 can** cannellini beans, rinsed and drained (15.5 ounces, can also use great northern or navy beans)
- 2 cups** chicken broth, low-sodium (or vegetable broth)
- 1 teaspoon** Italian seasoning
- salt and pepper (optional, to taste)
- 1/2** cup parmesan cheese, grated (optional)

Directions

1. Cook the pasta according to directions on box, and drain.
2. On medium heat, add vegetable oil and onion to a large pan.
3. Cook for 5 minutes, add garlic and cook for 1 minute more.
4. Stir in chopped chicken and cook until heated through.
5. Add spinach (or chard), beans, chicken or vegetable stock, and spices.
6. Add in cooked pasta and stir to combine.
7. Cook for 5 minutes, until pasta is heated through.
8. Add salt and pepper, to taste (optional), and garnish with Parmesan cheese before serving (optional).

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	440	
Total Fat	6 g	9%
Protein	33 g	
Carbohydrates	70 g	23%
Dietary Fiber	10 g	40%
Saturated Fat	1 g	5%
Sodium	280 mg	12%