

Whole-Wheat Pasta with White Beans & Spinach

Ingredients:

- 1 pound whole wheat pasta (rotini or penne)
- 2 Tbsp. olive oil
- 2 gloves garlic, minced
- 1 15-oz. can white beans, drained & rinsed
- 5 cups baby spinach
- 1/2 cup low-sodium chicken broth



Directions:

1. Cook pasta according to package directions. Reserve 1/2 cup cooking water.
2. Heat olive oil in a small skillet over medium heat.
3. Add garlic and sauté for about 30 seconds.
4. Stir in beans, spinach, and broth. Bring to a boil.
5. Lower heat and simmer, about 2-3 minutes.
6. Add pasta to sauce and stir in reserved cooking water. Season as desired.

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