

Pasta with Greens, Beans and Chicken

Serves 6

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 Great Northern beans, rinsed and drained (15.5 ounces, can also use Cannellini 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).

NOTE: 3/4 cup of dried beans, cooked is equivalent to one 15.5 ounce can of beans

Nutrition Facts does not include Italian seasoning and Parmesan cheese.

Canned salmon can be substituted for the chicken.

Nutrition Facts	
Serving Size (320g)	
Servings Per Container	
Amount Per Serving	
Calories 460	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 460mg	19%
Total Carbohydrate 63g	21%
Dietary Fiber 17g	68%
Sugars 5g	
Protein 28g	
Vitamin A 80%	Vitamin C 30%
Calcium 15%	Iron 40%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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