

## GREEK PASTA WITH TOMATOES AND WHITE BEANS

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*You can vary the recipe by using chickpeas instead of cannellini beans and grated Romano cheese in place of feta.*

- 2 (14.5-ounce) cans diced tomatoes with basil, garlic, and oregano
- 1 (19-ounce) can cannellini beans or other white beans, rinsed and drained
- 1 (10-ounce) bag fresh spinach, chopped (about 8 cups)
- 4 cups hot cooked penne (about ½-pound uncooked tubular-shaped pasta)
- ½ cup (2 ounces) finely crumbled feta cheese

**1.** Combine tomatoes and beans in a large nonstick skillet over medium-high heat; bring to a boil. Reduce heat; simmer 10 minutes. Add spinach; cook 2 minutes or until spinach wilts, stirring occasionally. Place 1 cup pasta on each of four plates; top each serving with 1¼ cup sauce and 2 tablespoons cheese. Yield: 4 servings.

CALORIES 474 (12% from fat); FAT 6.4g (sat 2.5g, mono 1.3g, poly 1.6g); PROTEIN 22.5g; CARB 84.7g; FIBER 10.6g; CHOL 13mg; IRON 8.3mg; SODIUM 1553mg; CALC 343mg