

Spicy Rigatoni, Beans and Greens



Number of Servings: 4

8 oz (3¼ cups) uncooked rigatoni pasta
1 teaspoon olive oil
1 medium onion, sliced
3 garlic cloves, minced
1 (14.5 oz) can diced tomatoes with Italian-style herbs, undrained
1 (15.5 oz) can great northern beans, drained, rinsed
1 teaspoon dried sage leaves
¼ teaspoon crushed red pepper flakes
6 cups thinly sliced fresh spinach leaves

Cook rigatoni as directed on package.

Meanwhile, spray large skillet with nonstick cooking spray. Add oil; heat over medium-high heat until hot. Add onion and garlic; cook 3 to 4 minutes or until onion begins to brown, stirring frequently. Stir in tomatoes; simmer 2 minutes. Stir in beans, sage and red pepper flakes; cook until thoroughly heated. Add spinach; mix well.

Drain rigatoni. Serve tomato mixture over rigatoni.

Nutritional Analysis: per serving

Calories – 370

Fat – 3g

Saturated fat - 0g

Cholesterol – 0g

Sodium – 680mg

Protein – 16g