

A Kansas SNAP-Ed *EZ Does it* Recipe

Pasta with Greens, Beans and Chicken



Servings: 6

Ingredients:

- 16 ounces pasta, whole wheat
- 1 tablespoon vegetable oil
- ½ 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)
- ½ cup Parmesan cheese, grated (optional)



Remember to wash your hands with soap and warm water before and after cooking.

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, beans, chicken stock, and Italian seasoning.
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).

Nutrition Facts: Each serving provides 460 Calories, 11g Total Fat, 2g Saturated Fat, 460mg Sodium, 63g Total Carbohydrate, 17g Dietary Fiber, 28g Protein

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