SHARE OUR STRENGTH'S
COOKING MATTERS®
NO KID HUNGRY

Serves: 10, 1 cup per serving
Prep time: 25 minutes
Cook time: 20-25 minutes

INGREDIENTS

- 1 (16 oz) package whole wheat pasta
- 2 medium onions
- 1 medium carrot
- 3 large cloves garlic
- 2 pounds (1 large bunch) spinach or kale
- 2 (15 ½ ounce) cans great northern, cannellini, or lima beans
- 2 Tablespoons canola oil
- 1 teaspoon dried oregano
- 1 teaspoon dried red pepper flakes
- ¾ teaspoon salt
- ½ teaspoon ground black pepper

MATERIALS

- Can opener
- Colander
- Cutting board
- Large pot
- Large skillet
- Measuring cups
- Measuring spoons
- Sharp knife
- Vegetable peeler

Nutrition Facts
Serving Size 1 cup (264g)
Servings per Recipe 10

Amount Per Serving	
Calories 310	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 57g	19%
Dietary Fiber 10g	40%
Sugars 4g	
Protein 12g	
Vitamin A 300% • Vitamin C 190%	
Calcium 15% • Iron 20%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

PASTA WITH BEANS AND GREENS

DEVELOPED BY CHEF CAROLE WAGNER GREENWOOD, WASHINGTON, D.C.

DIRECTIONS

1. Cook pasta following package directions. Drain, reserving 1 cup pasta water. Set aside.
2. While pasta is cooking, rinse, peel, and dice onions and carrot. Peel and mince garlic.
3. Rinse greens, more than once if needed to remove all grit. Remove touch stems. Chop coarsely.
4. In a colander, drain and rinse beans.
5. In a large skillet over medium-low heat, heat oil. Add garlic, carrot, onion, and greens. Cook until onions are soft.
6. Add ½ cup reserved pasta water and seasonings. Cook until greens are tender.
7. Add beans to greens. If needed, add a little more reserved pasta water to make a sauce.
8. Add cooked pasta to beans and greens. Toss to combine. Cook until pasta is heather through, about 5 more minutes.

CHEF'S NOTES

1. For extra flavor, top with hot sauce or grated Parmesan cheese.
2. Use Swiss chard or any of your favorite hearty greens.
3. Use olive oil instead of canola oil, if you like.

NATIONAL SPONSORS
ConAgra Foods Foundation
Walmart