

## Easy Mediterranean-style Pasta

2 tbsp olive oil  
1 orange bell pepper, cut in 2-inch strips  
2 tbsp jarred minced garlic  
1 pint container grape or cherry tomatoes, halved  
4 cups (packed) fresh spinach  
4 cups cooked whole wheat pasta in small shapes, such as macaroni, rotelli or small shells  
1 (15 oz) can white or cannellini beans, drained and rinsed  
½ cup shredded Parmesan cheese

Serves 6

### Nutrient Value (per 1½ cup serving)

Calories: 302  
Carbohydrate: 46 g  
Protein: 15 g  
Saturated Fat: 2 g  
Fiber: 10 g

1. Add olive oil to a large nonstick saucepan or skillet heated over medium-high heat. After oil is hot (about 20 seconds), add bell pepper and garlic. When peppers are slightly cooked, add tomatoes. After about a minute, add spinach. Saute until vegetables are tender and spinach is bright green.
2. Stir in cooked pasta and beans. Continue to cook and stir mixture for 1-2 minutes to warm pasta and beans and blend flavors.
3. Sprinkle Parmesan cheese over the top. Let dish sit for 1-2 minutes, then serve.

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