Pasta with Greens, Beans and Chicken

Serves 6

Ingredients:

16 ounces pasta, whole wheat

1 tablespoon vegetable oil

1/2 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)

1/2 cup parmesan cheese, grated (optional)

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 (or chard), beans, chicken or vegetable stock, and spices.
- 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).

NOTE: 3/4 cup of dried beans, cooked is equivalent to one 15.5 ounce can of beans

Nutrition Facts does not include Italian seasoning and Parmesan cheese.

Canned salmon can be substituted for the chicken.

Nutrition Facts

Serving Size (320g) Servings Per Container

Calories 460 Calo	ries from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 460mg	19%
Total Carbohydrate	63g 21 %
Dietary Fiber 17g	68%
Sugars 5g	
Protein 28g	

Vitamin A 80%	•	Vitamin C 30%
Calcium 15%	٠	Iron 40%
"Percent Daily Values a	ne i	based on a 2,000 calor

diet. Your daily values may be higher or lowe Total Fat Saturated Fat Less than Less than Less than

2,400mg 2,400mg

Dietary Fiber Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Total Carbohydrate

K-STATE



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689

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Serving Size (320g) Servings Per Container Amount Per Serving Calories 460 Calories from Fat 100 % Daily Value Total Fat 11g 17% Saturated Fat 2g 10% Trans Fat 0g Cholesterol 50mg 17% Sodium 460ma 19% Total Carbohydrate 63g 21% Dietary Fiber 17g 68% Sugars 5g

Nutrition Facts

Totalii ==g				
Vitamin A 80%	•	Vitamin C 30		
Calcium 15%	•	Iron 40%		
*Decreet Daily Values	ana h	ased on a 2 000 or		

Protein 28a

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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