Spinach Pesto Pasta

Pesto sauce and cannellini beans are popular in many Italian dishes. No one will know that this pesto sauce has three cups of spinach.

8 ounces of fettuccine
1 tablespoon olive oil
1 garlic clove, minced
3 cups fresh spinach, stems removed
1 cup fresh basil leaves, stems removed
1/2 cup chicken broth, low-fat, low-sodium
1/4 cup grated parmesan cheese
1 15-oz. can of cannellini (white beans) rinsed and drained
1 cup red bell pepper, chopped
1 teaspoon black pepper

1. Cook pasta as directed on package. Drain and place in large mixing bowl.
2. In a blender, add olive oil, garlic, spinach, basil, parmesan cheese and chicken broth. Mix well until leaves are blended.
3. Pour sauce over pasta. Mix until pasta is well coated.
4. Add beans and red bell pepper. Lightly toss and serve.

Makes 4 servings

Preparation Time: 25 minutes

Per serving:

<table>
<thead>
<tr>
<th>Nutrient</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>360 kcal</td>
</tr>
<tr>
<td>Fat</td>
<td>6g</td>
</tr>
<tr>
<td>Sodium</td>
<td>330 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>62g</td>
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<tr>
<td>Fiber</td>
<td>8g</td>
</tr>
<tr>
<td>Protein</td>
<td>16g</td>
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Source: Fruits and Veggie More Matters®