



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Pasta with Spinach, Tomatoes, and White Beans

Ingredients:

- 8 ounces whole wheat spaghetti or pasta
- 2 (14½ -ounce) cans Italian-style diced tomatoes
- 1 (19 -ounce) can cannellini beans, drained and rinsed
- 10 ounces fresh spinach, washed
- ½ cup crumbled feta cheese (optional)

Makes 6 servings - 6% calories from fat

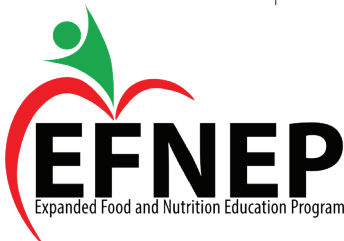
Instructions:

1. Cook pasta in a large pot of boiling salted water until al dente.
2. Combine tomatoes and beans in a large non-stick skillet. Bring to a boil over medium heat. Reduce heat, and simmer 10 minutes.
3. Add spinach to the sauce, cook for 2 minutes or until spinach wilts, stirring constantly.
4. Serve sauce over pasta, and sprinkle with feta cheese.

Notes:

- Regular spaghetti or pasta may be used in place of whole wheat spaghetti or pasta.
- Use frozen spinach in place of fresh.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 290	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 790mg	33%
Total Carbohydrate 53g	18%
Dietary Fiber 11g	44%
Sugars 10g	
Protein 16g	
Vitamin A 110% • Vitamin C 60%	
Calcium 20% • Iron 25%	
*Percent Daily Values are based on a diet of 2,000 calories.	
Your daily values may be higher or lower depending on your calorie needs:	
	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	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.