

Tomato Basil One Pot Pasta



This delicious and hearty pasta dish cooks everything in one pot, making clean up a breeze!

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

2 Tbsp	Olive Oil
1 each	Onion, sliced thin (julienne)
6 cloves	Garlic, minced
½ tsp	Red Pepper Flakes
½ cup	White Wine
10 oz	Cherry Tomatoes, cut in half
1 (15oz) can	Cannellini Beans, reduced sodium, drained and rinsed
½ tsp	Kosher Salt
To Taste	Black Pepper
10 oz	Whole Wheat Spaghetti
4 cups	Water or Unsalted Vegetable Stock
3 cups	Baby Spinach, roughly chopped
2 Tbsp	Balsamic Vinegar
¼ cup	Basil leaves, cut into thin strips (chiffonade)
1/3 cup	Parmesan Cheese, grated

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a large, deep sauté pan (at least 4-quart capacity) over medium-high heat. Add the oil and then the onion, sautéing until lightly caramelized, about 3-4 minutes.
3. Add the garlic and red pepper flakes and sauté until fragrant, about 1 minute more.
4. Add the wine, scraping up any accumulated brown bits. Allow the wine to reduce, about 2-3 minutes.
5. Add the tomatoes, drained beans, salt, pepper, spaghetti (break in half lengthwise if too long to fit comfortably in the pan), and water or stock. Stir to combine. Bring to a boil and simmer until sauce is thickened and pasta is al dente, about 8 minutes.
6. Add the chopped spinach and stir to wilt into the mixture, stirring for about another minute.
7. Remove from the heat and add the balsamic vinegar, basil, and parmesan, stirring to combine.

CHEF'S NOTES

Cooking the pasta with the sauce ingredients isn't just a way to cut down on dirty dishes, it also adds a richer flavor to the pasta! This dish is a great example of layering flavors with each step of the cooking process.

You can substitute white beans or chickpeas for the cannellini beans.

This recipe is great on its own but can also be served with our Turkey Meatballs (see separate recipe)!

Nutrition Facts

8 servings per container

Serving Size 1 cup (298 g)

Amount per serving

Calories 250

% Daily Value *

Total Fat 6g 8%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol less than 5 mgmg 0%

Sodium 240mg 10%

Total Carbohydrate 38g 14%

Dietary Fiber 7g 24%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 9g 18%

Vitamin D 0.02mcg 0%

Calcium 80mg 6%

Iron 2mg 13%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

