

Tomato Basil One Pot Pasta



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

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
1 each	Onion, julienne (thinly sliced)
6 cloves	Garlic, minced
½ tsp	Red Pepper Flakes
½ tsp	Italian Seasoning
½ cup	White Wine
1 pint	Cherry or Grape Tomatoes, cut in half
1 (15oz) can	Cannellini Beans, reduced sodium, drained and rinsed
8 oz	Whole Wheat Spaghetti
1½ cups	Vegetable Stock, homemade or unsalted
1½ cups	Water
½ tsp	Kosher Salt
¼ tsp	Black Pepper, ground
4 cups	Baby Spinach, roughly chopped
3 Tbsp	Balsamic Vinegar
¼ cup	Basil leaves, chiffonade (thin ribbons)
1/3 cup	Parmesan Cheese, grated

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 any white bean like navy 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)!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large saucepot over medium-high heat. Once hot, add the oil and then the onion, sautéing until translucent and lightly browned, about 3-4 minutes.
3. Add the garlic, red pepper flakes, and Italian seasoning and sauté until just fragrant, about 30 seconds to 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, spaghetti (break in half lengthwise if it's too long to fit comfortably in the pan), stock, water, salt and pepper. Stir to combine. Bring to a boil then cover and simmer until sauce is thickened and pasta is al dente, about 8 -10 minutes.

- Remove the pan from the heat and finish by adding the chopped spinach and balsamic vinegar and stirring to combine. Top with the basil ribbons and parmesan before serving.

Nutrition Facts	
6 servings per container	
Serving Size	1 cup (356 g)
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 5g	7%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol less than 5mg	0%
Sodium 320mg	14%
Total Carbohydrate 42g	15%
Dietary Fiber 9g	31%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 11g	21%
Vitamin D 0.02mcg	0%
Calcium 170mg	13%
Iron 3mg	18%
Potassium 300mg	7%
*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.	

