



Tomato & Garlic Butter Bean Dinner

TOTAL TIME: Prep/Total Time: 15 min.

YIELD: 4 servings.

On the days I get home late and just want a warm meal, I stir together tomatoes, garlic and butter beans. Ladle it over noodles if you're in the mood for pasta. —Jessica Meyers, Austin, Texas

Ingredients

1 tablespoon olive oil

2 garlic cloves, minced

2 cans (14-1/2 ounces) no-salt-added petite diced tomatoes, undrained

1 can (16 ounces) butter beans, rinsed and drained

6 cups fresh baby spinach (about 6 ounces)

1/2 teaspoon Italian seasoning

1/4 teaspoon pepper

Optional: Hot cooked pasta and grated Parmesan cheese

Directions

1. In a large skillet, heat oil over medium-high heat. Add garlic; cook and stir until tender, 30-45 seconds. Add tomatoes, beans, spinach, Italian seasoning and pepper; cook until spinach is wilted, stirring occasionally. If desired, serve with pasta and cheese.

Nutrition Facts

1-1/4 cups (calculated without pasta and cheese): 147 calories, 4g fat (1g saturated fat), 0 cholesterol, 353mg sodium, 28g carbohydrate (8g sugars, 9g fiber), 8g protein. **Diabetic**

Exchanges: 2 starch, 1 lean meat, 1/2 fat.