

ONE POT SUMMER PASTA

4 Servings

Prep time: 30 minutes

INGREDIENTS

1 tablespoon vegetable oil

1 cup chopped onions

6 cloves of garlic (or 2 tablespoons garlic powder)

Any veggies from the food bank/pantry FMNP

1, 14.5 oz can diced tomatoes

2 cups low sodium vegetable broth

1 teaspoon oregano

8 oz whole grain or high fiber pasta

3 cups fresh spinach

DIRECTIONS

1. Heat large pot over medium-high heat and pour in vegetable oil
2. Sauté onions and garlic until tender. If using crunchy veggies for the recipe add them after the onions are tender (zucchini, carrots, broccoli, peppers, etc).
3. Stir in tomatoes, veggie broth, oregano and bring to a boil.
4. Add in pasta (may need to break in half if pot is too small) stir until noodles are submerged).
5. Cook for 8 minutes then add spinach and stir until spinach wilts. Turn off heat.
6. Let set 5 minutes and serve (can serve with parmesan cheese)

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Recipe idea from: https://cookinglightsimmerandboil.files.wordpress.com/2015/01/1503-letscook-onepotpasta_1-final.pdf

SHOPPING LIST

Veg oil (\$0.05)

Onion (\$0.50)

Garlic (\$0.15)

Other veggies (free)

Canned tomatoes (\$0.72)

Veggie broth (\$0.99)

Oregano (\$0.06)

Pasta (\$0.51)

Spinach*may get in box if not (\$0.76)

TOTAL COST: \$3.74

NOTE:

- You do not need to serve with meat but you can use chicken, turkey, or lean ground beef.