

## Sweet Grape Tomatoes and White Bean Pasta



### Ingredients:

- 1 ¾ cups uncooked multigrain bow tie pasta
- 1 tablespoon extra-virgin olive oil
- 2 cups halved grape tomatoes
- 2 garlic cloves, minced
- 1 cup chopped bottled roasted red bell peppers
- 1 (15 ounce) can navy beans, rinsed and drained
- 3 cups fresh baby spinach
- ¼ cup torn basil leaves
- 2 teaspoons balsamic vinegar
- ½ teaspoon salt
- ¼ cup (1 ounce) grated Parmesan cheese

### Directions:

1. Cook pasta according to package directions, omitting salt and oil.
2. While pasta cooks, heat oil in a large nonstick skillet over medium-high heat. Add tomatoes; cook 3 minutes until skins begin to wrinkle and burst.
3. Add garlic; cook 1 minute, stirring constantly. Add bell pepper, beans and spinach; cook 3 minutes or until spinach is wilted.
4. Stir in basil, vinegar, salt and pasta. Cook 2 minutes or until thoroughly heated.
5. Sprinkle evenly with cheese.

Makes 4 servings.

Adapted from Cooking Light, Fresh Foods Fast 2009



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