

Penne with Swiss Chard

Recipe Type: Main Dish

Serves: 4

Prep Time: 10 minutes

Cooking Time: 20 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1/4 t salt
- 2 C penne pasta
- 6 1/2 C Swiss chard, chopped
- 1 19 oz can white beans, rinsed
- 2 T olive oil
- 2 garlic cloves, diced
- 1 t ground black pepper



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. In a large pot of boiling water add pasta and salt. Cook the pasta for 5-6 minutes.
3. Add the Swiss chard to the pot and cook for 1 minute.
4. Drain well.
5. In a large serving bowl add beans, olive oil, garlic and pepper.
6. Add the pasta and Swiss chard to the bowl and mix well.

Note: To spice it up add 1/2 t of crushed red chili pepper flakes in step 5.

Nutrition Facts	
Serving Size 1 1/4 C	
Amount Per Serving	
Calories 430	Calories from Fat 110
%Daily Value*	
Total Fat 12 g	18%
Saturated Fat 2.5 g	13%
Trans Fat 0 g	
Cholesterol 10 mg	3%
Sodium 320 mg	13%
Total Carbohydrate 63 g	21%
Dietary Fiber 7 g	28%
Sugars 4 g	
Protein 18 g	
Vitamin A 70%	
Iron 20%	
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

FK= 3.2

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