

Recipe: Vegetarian Black Bean Pasta

Prep/Cook time: 25 minutes

Serves: 6

Calories per serving: 255

Ingredients

9 oz uncooked whole wheat or veggie fettuccine

1 3/4 cups sliced baby portobello mushrooms

1 15-oz can black bean, rinsed and drained

1 14 1/2 oz can diced tomatoes, undrained

1 Tbsp olive oil

1 tsp dried rosemary, crushed

1/2 tsp dried oregano

1 glove garlic

2 cups fresh baby spinach

Directions

Cook fettuccine according to package directions.

In large skillet, heat oil olive over medium heat. Add mushrooms, cook and stir 4-6 minutes or until tender. Add garlic, cook 1 minute longer.

Stir in black beans, tomatoes, rosemary and oregano. Heat thoroughly. Stir in spinach until wilted.

Drain fettuccine, add to bean mixture and toss to combine.