Easy Mediterranean-style Pasta

2 tbsp olive oil
1 orange bell pepper, cut in 2-inch strips
2 tbsp jarred minced garlic
1 pint container grape or cherry tomatoes, halved
4 cups (packed) fresh spinach
4 cups cooked whole wheat pasta in small shapes, such as macaroni, rotelli or small shells
1 (15 oz) can white or cannellini beans, drained and rinsed
½ cup shredded Parmesan cheese

Serves 6

Nutrient Value (per 1½ cup serving)
Calories: 302
Carbohydrate: 46 g
Protein: 15 g
Saturated Fat: 2 g
Fiber: 10 g

1. Add olive oil to a large nonstick saucepan or skillet heated over medium-high heat. After oil is hot (about 20 seconds), add bell pepper and garlic. When peppers are slightly cooked, add tomatoes. After about a minute, add spinach. Saute until vegetables are tender and spinach is bright green.
2. Stir in cooked pasta and beans. Continue to cook and stir mixture for 1-2 minutes to warm pasta and beans and blend flavors.
3. Sprinkle Parmesan cheese over the top. Let dish sit for 1-2 minutes, then serve.