

# White Beans with Spinach & Pan Roasted Tomatoes

2 Servings

## Ingredients

- 1 Tbsp olive oil
- 4 small plum tomatoes
- 10 oz frozen spinach, defrosted and squeezed off excess water
- 2 garlic cloves, thinly sliced
- 2 tbsp water
- ¼ tsp freshly ground pepper
- 1 (15oz) can white beans, drained and rinsed
- Juice of 1 lemon

## Directions

1. Heat the oil in a large skillet over medium-high heat. Add the tomatoes, cut side down, and cook, shaking the pan occasionally until browned and beginning to soften, 3-5 minutes. Transfer to a plate.
2. Reduce the heat to medium and add the spinach, garlic, water, and pepper. Cook, tossing until the spinach is wilted, 2-3 minutes.
3. Return the tomatoes to the skillet, add the white beans, and lemon juice, and toss until heated through, 1-2 minutes.
4. Serve

## Nutrition per serving (makes 2 servings)

Total calories	293
Total fat	9 gm (Sat fat: 1 gm, Cholesterol: 0 gm)
Total carb	43 gm (Fiber: 16 gm, Sugar: 1 gm)
Protein	15 gm