

Upside Down Wilted Spinach Salad



- 1/2 Tablespoon **extra virgin olive oil**
- 1/2 **small onion**, thinly sliced
- 2 **cloves garlic**, minced
- 1 15-ounce can **low-sodium tomatoes**, with juice
- 1 15-ounce can **white beans**, rinsed and drained
pepper to taste
- 2 cups **spinach**, or other leafy greens
- 4 teaspoon **grated Parmesan**

- 1 In a medium sauce pan, heat olive oil and sauté onion and garlic until slightly browned.
- 2 Add tomatoes and simmer for 5 minutes.
- 3 Add beans and simmer 3 more minutes.
- 4 Turn off heat and season with pepper.
- 5 Dish into wide bowls, divide spinach among each serving and top with Parmesan. As they are mixed in, the greens will wilt to create a warm salad.

Serves 2-4

SEASONED COOK

With these staples from your pantry, you can have a quick meal on the table in 15 minutes. Serve with a poached egg for a hearty meal.

Per serving:
146 calories, 8g protein,
22 carbohydrate
(8g fiber), 4g fat
(1g sat, 3g mono/poly),
479mg sodium