Upside Down Wilted Spinach Salad

Serves 2–4

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

In a medium sauce pan, heat olive oil and sauté onion and garlic until slightly browned.
Add tomatoes and simmer for 5 minutes.
Add beans and simmer 3 more minutes.
Turn off heat and season with pepper.
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.

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

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.