Upside Down Wilted Spinach Salad

serves 4

Have a quick meal in 15 minutes with these pantry staples on hand.

½ tablespoon olive oil
½ 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 teaspoons 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.

Per serving: 146 calories, 8g protein, 22 carbohydrate, 4g fat, 1g sat fat, 2g mono fat, 6mg cholesterol, 8g fiber, 479mg sodium

A powerhouse of nutrients gives spinach its super powers—protecting us against heart disease is just one of many. In fact, all you need alongside spinach for a complete meal is an omega-rich protein. Now that’s a supreme super food!