



Over the Rainbow Minestrone

Yield: 10 servings

Modified from: www.tasteofhome.com

Ingredients:

- 5 stalks Swiss chard, remove stems and set aside
- 1 teaspoon olive oil
- 1 medium onion, finely chopped
- 6 cups low sodium vegetable broth
- 2 (15oz) cans fire-roasted diced tomatoes, undrained
- 1 (16oz) can kidney beans, rinsed and drained
- 1 (15oz) can chickpeas, rinsed and drained
- 1 medium zucchini – sliced into ¼-inch slices
- 1 medium red bell pepper, finely chopped
- 1 medium carrot, finely chopped
- 1 teaspoon minced garlic
- 1 ½ cups uncooked spiral pasta
- ¼ cup prepared pesto

Directions:

1. In a large skillet over medium heat add Swiss chard stems and onion. Cook 3-5 minutes or until tender. Transfer to large stock pot.
2. Add broth, tomatoes, beans, chickpeas, zucchini, bell pepper, carrot and garlic to stock pot and bring to a boil. Boil 5-10 minutes.
3. Stir in pasta and simmer 10 minutes or until pasta is tender. Stir in Swiss chard leaves. Serve with pesto.

Nutrition information:

Serving size: 1 ½ cup

Calories: 231

Fat: 7g

Sodium: 560mg

Carbohydrates: 34g

Sugar: 7g

Fiber: 6g

Protein: 9g