Cheesy Spinach Pasta

INGREDIENTS:
3 cups whole grain pasta, dry
2 Tablespoon olive or vegetable oil
8 ounces spinach, chopped (frozen or fresh)
2 teaspoon Italian seasoning
1 teaspoon garlic powder
1/4 teaspoon salt
1/2 teaspoon black pepper
1/2 cup parmesan cheese

NUTRITION FACTS:
SERVING SIZE: 2 cup
SERVINGS: 5
PREPARATION TIME: 5 minutes
COOK TIME: 15 minutes

DIRECTIONS:
1. Bring 2 quarts of water to a boil in a saucepan.
2. Cook pasta according to package directions.
3. In a skillet, heat olive oil on medium-low heat for 1 minute or two.
4. Add chopped spinach to hot skillet and cover. Cook until wilted, about 2 minutes.
5. Drain cooked pasta and add to skillet.
6. Add Italian seasoning, garlic, salt, pepper and parmesan cheese.
7. Mix well and serve.

RECIPE TIPS:
• Choose crisp and dark green spinach leaves
• Store cooked spinach for up to 5 days
• Enjoy spinach sautéed, in smoothies, fresh in salads or on sandwiches, in casseroles, or added to eggs!

EQUIPMENT NEEDED:
• Measuring cups
• Measuring spoons
• Saucepan
• Skillet

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org