

# Cheesy Spinach Pasta

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

## 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



## 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 day
- Enjoy spinach sautéed, in smoothies, fresh in salads or on sandwiches, in casseroles, or added to eggs!

## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>328</b>
<b>Total fat</b>	11g
Saturated fat	2 g
<b>Cholesterol</b>	10 mg
<b>Sodium</b>	275 mg
<b>Total Carbohydrate</b>	52 g
Fiber	7 g
Sugar	0 g
Includes 0g of Added Sugars	
<b>Protein</b>	13 g
<b>Phosphorus</b>	291 mg
<b>Potassium</b>	448 mg

## EQUIPMENT NEEDED:

- Measuring cups
- Measuring spoons
- Saucepan
- Skillet

Recipe submitted by Mount Mary University Dietetics Department  
Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)