

# Cheesy Spinach Pasta

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## 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!

SERVING SIZE: 2 cup

SERVINGS: 5

PREPARATION TIME: 5 minutes

COOK TIME: 15

## 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



This recipe was created by the dietetics students of Mt. Mary University as part of their "Healthy Shelves" initiative.



American Heart Association.



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