

Wellness Corner

Spinach and Tomato Pasta

Ingredients

- 1 T olive oil
- 1 C grape or cherry tomatoes, cut in half
- 1 C loosely packed chopped spinach, fresh or frozen in bags
- 1 T minced garlic
- 2 C cooked whole wheat pasta, in small shapes like macaroni, rotelli, or small shells
- ¼ C shredded Parmesan cheese
- 1 T toasted pine nuts
- Sea salt and pepper, to taste



Instructions

1. Add olive oil to a medium nonstick saucepan or skillet heated over medium-high heat. After about 20 seconds, when the oil is nice and hot, add the tomatoes, spinach and garlic and continue to saute for a few minutes until spinach is soft and bright green and tomatoes are soft. Add some salt and pepper to taste, if desired.

2. Stir in the cooked pasta and continue to cook and stir the mixture for a minute or two to heat up the pasta and blend the flavors. Sprinkle Parmesan cheese over the top and turn off the heat. Let the dish sit for a couple of minutes, sprinkle the pine nuts over the top and serve.

Servings: 2

Calories: 279 Protein: 11 g Carbohydrates: 42 g Dietary Fiber: 7 g Fat: 9 g
Cholesterol: 5 mg Sodium: 89 mg

Recipe and photo from: www.webmd.com/food-recipes/spinach-tomato-pasta-recipe



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