

Spinach Garlic Pasta

<u>Code</u>
\$, Q, V, DF

<u>Nutrition Facts:</u>	
Yield	5
Calories	327
Total Fat	4 g
Sat Fat	5.6 g
Sodium	34 mg
Fiber	5 mg
Calcium	80 mg
Total Sugars	10 g
Protein	14 g
Carbohydrate	64 g

Ingredients Needed:

- 1 (16 ounce) package whole wheat pasta
- 2 cloves garlic, minced
- 1 (10 ounce) package frozen chopped spinach, thawed
- 1 tablespoon olive oil



Recipe Directions:

- In a large pot of boiling water, cook pasta until al dente and drain.
- Heat oil in a large skillet. Add the garlic, and cook for 1 minute.
- Add the spinach and pasta. Mix well, and cook for approximately 2 minutes, stirring often. Serve warm.