



Garlicky Pasta with Tomatoes, Spinach

1 lb Linguine
2 Tbsp Olive oil
6–8 cloves Garlic, peeled and sliced
2 cups Cleaned and sliced mushrooms
20 Cherry tomatoes
4 cups Washed baby spinach
1/3 cup Pine nuts, lightly toasted
1/2 cup Fresh grated parmesan cheese
Fresh ground black pepper & lemon juice

Serves 6

- Cook pasta according to package instructions
- Sauté garlic in olive oil a few minutes, then add mushrooms and tomatoes. Cook until mushrooms are just tender. Set aside.
- Place spinach into a colander. When pasta is cooked, pour it with its cooking water over the spinach in the colander. As the pasta drains, it cooks the spinach.
- Transfer pasta and spinach to a large serving bowl. Add mushroom mixture and toss. Top with pine nuts, lemon juice, cheese and pepper.
(Try whole wheat pasta for added fiber, flavor and nutrients)

Recipe adapted from [Whole Foods Market IP, Everyday Recipes](#)

Nutritional Information:

Calories: 452 Total Fat: 13g
Saturated Fat: 2.5g Total Carbohydrate: 66g
Total Protein: 16g