Recipe for

GARLIC AND SPINACH PASTA

EQUIPMENT NEEDED Large pot, cutting board, and serving dish

SERVES 4

ESTIMATED COST $9.50 COST PER SERVING $2.37

INGREDIENTS

- 1 tbsp olive oil
- ½ medium onion, sliced
- 4 cloves garlic, minced
- 2 cups vegetable broth
- 2 cups water
- 1 pack pasta (e.g. penne)
- Juice of 1 lemon
- 4 cups spinach, fresh (OR 2 cups frozen)
- 1 tsp black pepper
- 1 tsp red pepper flakes

METHOD OF PREPARATION

1. In a large pot, bring oil to medium heat. Add onions and sauté for 3-5 minutes or until translucent.
2. Add garlic and cook for another 2 minutes.
3. Add vegetable broth, water, uncooked pasta, and lemon juice.
4. Bring to a boil and cook for 15-18 minutes or until pasta is al dente.
5. Stir in the spinach. Cook for 2 minutes and season with black pepper, and red pepper flakes.
6. Pairs well with fish or chicken as a nice dinner option.

Maryland University of Integrative Health

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NUTRITION INFORMATION

Garlic and Spinach Pasta

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	99.5 kcal	5 %
Total Fat	3.9 g	6 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	348.4 mg	15 %
Total Carbohydrate	14 g	5 %
Dietary Fiber	1.4 g	5 %
Sugars	2 g	
Protein	3 g	6 %
Vitamin A	50 % • Vitamin C	22 %
Calcium	4 % • Iron	7 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>

HEALTH BENEFITS

Spinach- is an excellent source of iron, folic acid, and calcium. Calcium is an essential mineral to the body that is responsible for bone health and heart health and muscle function.





HEALTH BENEFITS

Lemon - One lemon contains 51% of the recommended daily intake of vitamin C. Vitamin C is not only great for helping to boost your immune system it also helps to increase the body's absorption of iron.

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