



Recipe of the Month – August

Roasted Tomato and Spinach Pasta

Serves 4

Serving Size 1 ¼ Cups

Ingredients:

2 cups	cherry tomatoes
¼ cup	vegetable oil, divided
¼ tsp	salt
¼ tsp	pepper
½ tsp	garlic powder
3 cups	fresh spinach or 1 package (10 ounces) frozen, chopped, and thawed
8 ounces	whole wheat spaghetti
1 tsp	Italian seasoning
5 Tbsp	Parmesan cheese

Directions:

1. Heat oven to 400°
2. Rinse tomatoes under running water
3. Cut tomatoes in half
4. Spread on a greased baking pan
5. Sprinkle 2 tablespoons oil, the salt, pepper, and garlic powder on tomatoes
6. Stir to coat
7. Bake 15 to 20 minutes
8. Prepare spinach and spaghetti as tomatoes bake
9. Rinse fresh spinach in water and slice in strips OR thaw, drain and pat dry the frozen spinach and set aside
10. Follow package directions to cook the spaghetti
11. Drain spaghetti
12. Add remaining 2 tablespoons oil, Italian seasoning, spinach and baked tomatoes to spaghetti
13. Stir until heated through
14. Serve with parmesan cheese

NUTRITION FACTS PER SERVING: Calories 310, Total Fat 14g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 10mg, Sodium 250mg, Total Carbohydrate 38g, Dietary Fiber 7g, Sugars 2g, Protein 10g