Dinner Tonight!

Spinach Pasta Toss

1 can Italian-style diced tomatoes, undrained
2 cups multi-grain penne pasta, uncooked
1 cup water
3 cups baby spinach leaves
1 cup 2% Milk Shredded Italian Three Cheese Blend (optional)

Bring tomatoes, pasta and water to a boil in a large saucepan; stir. Cover; simmer on medium-low heat for 10 minutes or just until pasta is tender. Add ½ of spinach; simmer, covered 2 minutes or until wilted. Stir. Repeat until remaining spinach is added. Serve topped with cheese.

For a spicier dish, add ¼ teaspoon crushed red pepper flakes with the tomatoes.

Preparation Time: 5 minutes
Cook Time: 25 minutes
Serves: 6, 1 cup each
Cost Per Serving: $1.94

Nutrition facts per serving
Calories: 210
Total Fat: 3.5 g
Cholesterol: 10 mg
Sodium: 520 mg
Total Carbohydrate: 34 g
Fiber: 3 g
Protein: 11 g

Serve with: Side Salad