Living Whole
Employee Wellness Program

Spinach Pasta with Veggies and Parmesan

Ingredients:

½ lb. spinach pasta twists
1 ½ tbsp. extra virgin olive oil
6 garlic cloves, thinly sliced
½ tsp. basil, dried
1 broccoli, bunch, cut into florets
1 cup grape tomatoes, halved
½ tsp. salt
¼ tsp. black pepper, ground
½ cup parmesan cheese, shaved, low sodium

*GLUTEN-FREE *SOY FREE

Nutrition Facts

Serving Size 1 1/2 cup (340g)
Servings Per Container 5

Amount Per Serving	
Calories 240	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 330mg	**14%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 8g	**32%**
Sugars 5g	
Protein 14g	

Vitamin A 40% • Vitamin C 370%
Calcium 30% • Iron 15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Cook the pasta according to the package directions. Scoop out ½ cup of the pasta-cooking water and reserve.
2. Drain the pasta and return to the cooking pot to keep warm.
3. Meanwhile, in a large nonstick skillet over medium-high heat, warm the oil.
4. Add the garlic and basil. Cook, stirring about 1 minute or until the garlic is just starting to turn golden.
5. Add the broccoli, cover and cook stirring several times for 5 minutes.
6. Add the grape tomatoes and cook, stirring once about 5 minutes longer or until the broccoli is crisp-tender. If the mixture becomes dry, add up to 3 tbsp. water.
7. Add the vegetable mixture to the pasta and season with salt and pepper. Toss well, adding pasta water to moisten, if necessary.
8. Top with the shaved Parmesan before serving.

For more information contact The Living Whole
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