

# 5-INGREDIENT PARMESAN PASTA

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Yield: 4 servings | Total Preparation Time: 30 minutes



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## Ingredients

- 8 oz spaghetti or pasta of your choice (whole wheat preferred)
- 3 tablespoons butter
- 2 cloves garlic, minced
- 6 cups packed baby spinach
- 1/2 cup grated Parmesan cheese
- Salt and freshly ground black pepper, to taste

## Instructions

1. Cook the pasta according to package instructions
2. Drain the pasta, reserving  $\frac{1}{2}$  cup of the pasta water. Set pasta aside.
3. Using the same pot, melt the butter over medium heat. Add the garlic and cook for 2-3 minutes. Add in the pasta and spinach.
4. Gently toss and cook until spinach leaves are wilted. If the pasta starts to dry out, add in some of the reserved pasta water. We usually add about  $\frac{1}{3}$  cup.
5. Stir in  $\frac{1}{4}$  cup of the Parmesan cheese and toss until combined. Season with salt and freshly ground black pepper, to taste.
6. Pour pasta into a large bowl. Garnish with additional Parmesan cheese and serve immediately.



*Spinach is one of the richest sources of vitamin K; an important nutrient for maintaining bone health. Dark leafy greens like spinach are also important for skin and hair health. Spinach is also a good source of protein, iron, vitamins and minerals. Arugula, kale, Swiss chard or mustard greens would also taste great in place of spinach for this recipe.*

