

Whole-Wheat Spaghetti with Spinach and Mozzarella Cheese • Serves 4

- 8 oz. whole-wheat spaghetti
- 1 ¼ lbs. fresh spinach
- 1 cup cherry tomatoes, halved
- 4 oz. low-fat mozzarella cheese, crumbled
- 1 medium onion, halved and thinly sliced
- 2 garlic cloves, minced
- 1 ½ Tbsp. butter
- salt and pepper

Bring a large pot of salted water to a boil, then add spaghetti. Cook pasta until al dente, drain and return to pot.

Meanwhile, heat 2 Tbsp. butter in a large skillet over medium-high heat. Add onion and garlic, and season with salt and pepper. Cook, stirring occasionally, until onion starts to brown, about 6 to 8 minutes.

Add as much spinach to the skillet as will fit, and season with salt and pepper. Cook, tossing frequently, adding more spinach as room becomes available. Add tomatoes and continue cooking until spinach is tender, about 2 to 3 minutes.

Add remaining butter, spinach mixture and any pan juices to the pasta. Season with salt and pepper, and toss to combine. Sprinkle with mozzarella cheese.



NUTRITION PER SERVING:

**Calories: 320; Calories from Fat: 70; Total Fat: 7g;
Saturated Fat: 4g; Cholesterol: 20mg; Protein: 18g;
Total Carbs: 54g; Fiber: 15g; Sugar: 3g; Sodium: 510mg**