

Creamy Tomato and Spinach Pasta

This delicious dish is a simple and easy way to make a meal that will last all week. It is a great dish to have for leftovers throughout the week. Pair it with a piece of whole grain toast or a side of roasted broccoli for a more balanced meal.

Yields: 4 servings

Ingredients:

- ½ lb. **penne pasta**
- 1 yellow **onion**
- 2 cloves **garlic**
- 1 tablespoon **olive oil**
- 1-15 oz can diced **tomatoes**
- ½ teaspoon dried **oregano**
- ½ teaspoon dried **basil**
- 1 pinch of **crushed red pepper** (optional)
- ½ teaspoon **salt**
- Freshly cracked **black pepper** to taste
- 2 tablespoons **tomato paste**
- 2 oz **cream cheese**
- ¼ cup **grated parmesan**
- 4 oz fresh **spinach**

Instructions:

1. Bring a large pot of water to boil over high heat. Add pasta and continue to boil until noodles are tender (about 7-10 minutes). Drain the pasta in a colander in the sink.
2. While the pasta is cooking, prepare the creamy tomato sauce: Dice the onion and mince the garlic. Add garlic, onion, and olive oil to a large skillet over medium heat. Cook until onions are soft and translucent (3-5 minutes). Add diced tomatoes (with juices), oregano, basil, crushed red pepper (optional), salt, and some fresh cracked pepper to the skillet. Stir to combine.
3. Add tomato paste and ½ cup of water to the skillet and stir until the tomato paste has mixed into the sauce.
4. Turn the heat down to low. Cut cream cheese into smaller pieces then add them to the skillet. Whisk to stir the sauce until cream cheese has fully melted.
5. Add parmesan cheese to the skillet and stir until it is melted into the sauce.
6. Add the fresh spinach to the skillet and stir gently. Mixed it into the sauce until spinach has wilted (2-3 minutes).
7. Add pasta and stir until it is well coated with the sauce! Taste and adjust the salt and pepper as needed. Serve warm.

Chef's Note: Swap out regular pasta for whole wheat pasta for more whole grains and fiber.

Per Serving: Calories 365 kcal, Carbohydrates 55g, Protein 12g, Saturated Fat 4.5g, Sodium 621mg, Fiber 4.2g, Sugars 7.1g