

Spinach & Artichoke Pasta

Use this creamy pasta dish to introduce kids (and adults!) to new vegetables like antioxidant-rich artichokes. It's creamy, delicious, and packed with nutrients like folate, magnesium, potassium, and calcium!

Little helpers can assist with adding and stirring ingredients (after washing hands!).

Makes: 6 Servings
 Prep Time: 10 minutes
 Cook Time: 10 minutes

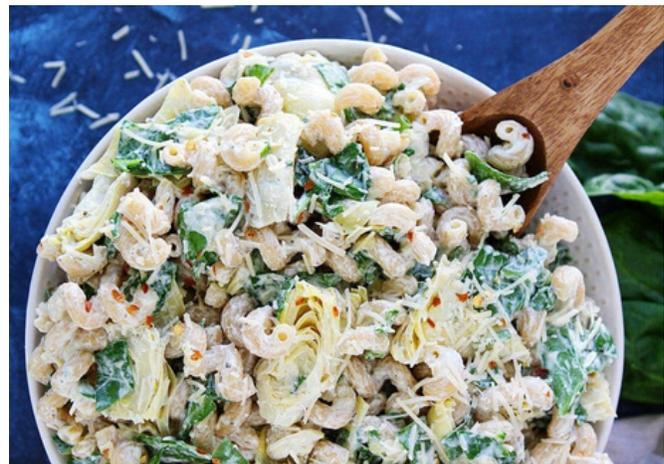
Source: USDA

Ingredients

- 1 pound whole wheat pasta, cooked and drained
- 2 tablespoons olive or vegetable oil
- ½ medium onion, sliced
- 14 ounces artichoke hearts (canned, drained, rinsed, chopped)
- 2 cups spinach
- 2 cloves garlic, chopped
- 1 cup low-fat or non-fat milk
- ½ cup plain low-fat or non-fat yogurt
- 2 tablespoons low-fat or non-fat cream cheese
- Parmesan cheese, shredded (to taste)
- Salt and pepper to taste

Directions

1. Heat oil in a large pan over medium heat. Add onions; cook 1-2 minutes until starting to soften.
2. Add garlic and spinach; cook 1-2 minutes more.
3. Stir in chopped artichoke hearts and cook until heated through.
4. Reduce heat to low. Add milk, yogurt, and cream cheese. Stir until creamy and well combined.
5. Add cooked pasta and stir to coat. If sauce seems thin, cook on low for about 5 minutes to thicken.
6. Top with Parmesan cheese and serve warm.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	310
Total Fat:	9g
Saturated Fat:	2g
Cholesterol:	10mg
Sodium:	300mg
Total Carbohydrates:	45g
Dietary Fiber:	7g
Total Sugars:	5g
Added Sugars:	0g
Protein	14g

Utensils Needed

- Sharp knife
- Cutting board
- Large pot
- Strainer
- Mixing spoon
- Can opener
- Measuring cups & spoons
- Large pan



SHOPPING LIST

Average total cost without oil and seasonings: \$17.36

Average cost/serving: \$2.89

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Whole grain pasta



Add 1 to Cart
Artichoke hearts



Add 1 to Cart
Onion



Add 1 to Cart
Spinach



Add 1 to Cart
Low fat milk



Add 1 to Cart
Nonfat yogurt



Add 1 to Cart
Non fat cream cheese

SAVE TIME, SAVE MONEY

Chef's Notes

- Freeze leftovers (up to 6 mos) in a reusable bag. Reheat in microwave.
- Add extra veggies like cooked carrots, corn, or red bell peppers.

My Cooking Notes



This institution is an equal opportunity provider.
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