

Try it “Tuesdays”

Roasted Tomato & Spinach Pasta

Makes: 4 servings—1 1/4 cups

Ingredients

2 cups (about 10 ounces) cherry tomatoes
1/4 cup vegetable oil, divided
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon garlic powder
3 cups fresh spinach or 1 package (10 ounces) frozen chopped spinach, thawed
8 ounces whole wheat spaghetti
1 teaspoon Italian seasoning
5 tablespoons Parmesan cheese

Directions

Heat oven to 400°F. Rinse the tomatoes under running water. Cut in half. Spread on greased baking pan. Sprinkle oil (2 tablespoons), salt, pepper, and garlic powder on tomatoes. Stir to coat. Bake for 15-20 minutes. Prepare spinach and spaghetti as tomatoes bake. Rinse fresh spinach in water, slice in strips OR thaw, drain, and pat dry the frozen spinach. Set aside. Follow package directions to cook spaghetti. Drain. Add remaining 2 tablespoons oil, Italian seasoning, spinach, and baked tomatoes to the spaghetti. Stir until heated through. Serve with Parmesan cheese.



For more information, Contact your local EFNEP office