



Spaghetti and Spinach Pesto

Makes: 8 Servings

This pesto spaghetti dish is made with spinach for a unique spin on a classic. Top with feta and serve with a side salad for a colorful meal.

Ingredients

1 pound whole wheat spaghetti, uncooked (or your favorite pasta shape)

1 package 10-oz frozen spinach, thawed, well drained

2 tablespoons canola oil

1/4 cup grated Parmesan cheese

2 tablespoons chopped parsley

2 cloves garlic

1/2 teaspoon salt

Nutrition Information

Nutrients	Amount
Calories	294
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	8 mg
Sodium	417 mg
Total Carbohydrate	45 g
Dietary Fiber	8 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	12 g
Vitamin D	1 mcg
Calcium	202 mg
Iron	2 mg
Potassium	203 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1/4 cup
 Grains	2 1/2 ounces
 Dairy	1/4 cup

1/2 teaspoon dried basil

2 tablespoons tub margarine

1/3 cup water

2 ounces crumbled feta cheese

Directions

1. In a blender (or food processor), combine spinach, oil, Parmesan cheese, parsley, garlic, salt and basil. Mix at medium speed until finely chopped.
2. Melt margarine in water. With blender or processor running, gradually pour in melted margarine mixture until blended.
3. Cook pasta according to package directions.
4. Toss pesto with cooked pasta.
5. Sprinkle feta on top and serve.

Notes

Serving Suggestions: Serve with grilled chicken, side salad, skim milk, apple slices.

The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Food Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.

Source: The "Grain Chain"