

# Spinach Pasta

**Makes:** 4 Servings

Another way to serve pasta. Add low-sodium canned spinach, other vegetables, and cheeses that are lower in fat and sodium.

## Ingredients

**6 ounces** uncooked pasta (like penne, spirals, or macaroni)  
**1/2 cup** onion (peeled and sliced)  
**1 clove** garlic (finely chopped)  
**3/4 teaspoon** dried basil (if you like)  
**1 tablespoon** vegetable or olive oil  
**1** medium bell pepper (cut in strips)  
**1 can** fresh spinach or low-sodium canned spinach (chopped, well drained, about 13 oz)  
**2 tablespoons** Parmesan cheese (if you like)

## Directions

1. Cook pasta according to package directions; drain.
2. In a skillet, cook onion, and garlic in oil until onion is soft. If using basil, add that too. Add pepper strips; cook 3 minutes.
3. Stir in spinach; heat through.
4. Toss in the pasta. If using Parmesan cheese, add that too. Serve immediately.

Recipe provided by [Delmonte.com](http://Delmonte.com).