

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
- 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.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	294	
Total Fat	9 g	14%
Protein	12 g	
Carbohydrates	45 g	15%
Dietary Fiber	8 g	32%
Saturated Fat	3 g	15%
Sodium	417 mg	17%

MyPlate Food Groups

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

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.