

Lunch | Dinner

# Creamy Tomato-y Spinach Pasta

**10 Mins**  
Prep Time

**20 Mins**  
Cook Time

**6**  
Servings

 **399** Calories **5g** Fat **72g** Carbs **19g** Protein



## Ingredients

 **6 Servings**  **30 Mins Total Time**  **Allergens: Gluten, Dairy**

16 oz Whole Wheat Pasta of Choice 

1 Tbsp Extra Virgin Olive Oil

½ White Onion, finely chopped

3 Cloves Garlic, minced or pressed

8 oz Baby Spinach

30 oz Can Crushed Tomatoes 

2 Tsp Dried Basil

2 Tsp Dried Oregano

½ Tsp Salt and Pepper, more to taste

8 oz Fat-Free Cream Cheese

Fresh Basil, for topping

Parmesan Cheese, for topping

### Nourishment Note



#### **Whole Wheat Pasta**

Whole wheat pasta contains important B vitamins that can help provide your body with energy to feel your best. Whole grains are also a great source of fiber which may offer protection from heart disease.



#### **Tomatoes**

Tomatoes are a great source of lycopene. Lycopene may help reduce inflammation within the body and help protect the immune system.

### Allergen Swap

**Gluten** Replace the pasta with a gluten-free version such as a rice or bean-based pasta.

**Dairy** Replace the cream cheese with a vegan cream cheese; Parmesan cheese has low levels of lactose, but can be replaced with vegan cheese or nutritional yeast if bothersome.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Cook Pasta

Bring a large pot of salted water to a boil. Cook pasta according to package instructions. Remove from heat and strain in colander. Set aside.

### 3. Cook Onion, Garlic, & Spinach

In a large skillet, warm the olive oil over medium heat. Once the oil begins to pop slightly, add the onion and garlic. Cook for about 3 minutes until onion is translucent. Add the spinach and cook until wilted.

### 4. Add Remaining Ingredients

To the skillet, add the crushed tomatoes, basil, oregano, salt, and pepper. Add the cream cheese and stir until melted and evenly combined.

### 5. Combine Pasta with Sauce & Serve

Add the pasta back to the large pot. Carefully pour the sauce over the top. Stir until evenly coated. Serve warm with Parmesan cheese and fresh basil.

### 6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [makingthymeformehealth.com](https://www.makingthymeformehealth.com)

## What You'll Need



Measuring Cups



Measuring Spoons



Garlic Press



Can Opener



Large Pot



Large Skillet



Wooden Spoon



Colander

### Breathe Better Food Tip

- Onion and garlic are sometimes problematic with asthma patients as they can cause gas that pushes on the diaphragm making it more challenging to breathe. Try replacing the whole garlic and onion with dried versions to reduce the amount of gas produced in the body. Use about ½ tablespoon dried onion and 1 teaspoon of dried garlic.