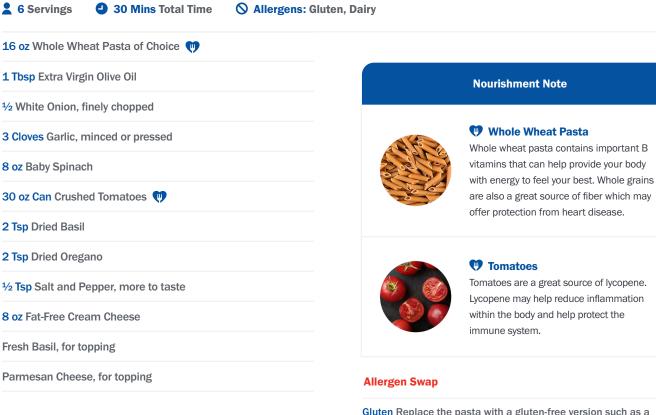


Creamy Tomato-y<br/>Spinach Pasta10 Mins<br/>Prep Time20 Mins<br/>Cook Time6<br/>Servings399 Calories5g Fat72g Carbs19g Protein

Lunch | Dinner



# Ingredients



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.

## What You'll Need

	Measuring Cups
ej-	Measuring Spoons
<i>~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~</i>	Garlic Press
Ħ	Can Opener
	Large Pot
6	Large Skillet
Ŷ	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.

Recipe adapted from makingthymeforhealth.com