

Dinner

Pasta Bake with Spinach, **Artichokes and Tomatoes**

10 Mins Prep Time

25 Mins Cook Time

Servings

398 Calories

21g Fat 40g Carbs

20g Protein



Ingredients

6 Servings



35 Mins Total Time



♦ Allergens: Gluten, Dairy, Eggs

8 oz. Short Whole Grain Pasta (penne, rotini, farfalle, cavatappi)



1 1/4 Cups Skim Milk	1/2 Tsp Dried Oregano
2 Large Eggs	1/2 Tsp Dried Basil
3 Cloves Garlic, minced	1/4 Tsp Crushed Red Pepper Flake
Salt and Pepper, to taste	

1 1/2 Cups Monterey Jack Cheese, shredded

1 (14 oz.) Can Quartered Artichoke Hearts, drained

1 (10 oz.) Package Frozen Chopped Spinach, thawed and well drained 🖤

1/3 Cup Sun-Dried Tomatoes in Olive Oil, chopped 🖤



Allergen Swap

Gluten Use a gluten-free pasta.

Dairy Substitute milk for an unsweetened non-dairy milk alternative (coconut, almond, etc.). Use a dairy-free cheese alternative.

Eggs Use a commercial egg replacement.

Nourishment Note



Whole Grain Pasta

Whole grain pasta is an excellent source of fiber. Fiber is particularly beneficial for those with RA because it can help reduce the risk of heart disease.



Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with rheumatoid arthritis.



Tomatoes

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene has been shown to reduce the risk of heart disease, a condition common in those with RA.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven & Spray Pan

Preheat oven to 350°F. Spray a 13x9-inch baking pan with non-stick cooking spray.

3. Cook Pasta

In a large saucepan, cook pasta according to package directions; drain and set aside.

4. Mix All Ingredients

In a large bowl, whisk together the milk, eggs, garlic, oregano, basil and red pepper flakes. Stir in cheese, artichokes, spinach, sun-dried tomatoes and pasta. Season with salt and pepper.

5. Bake Dish & Serve

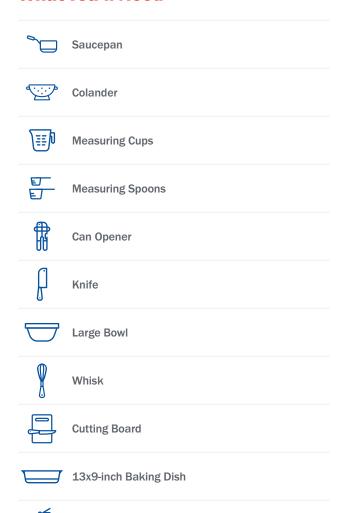
Add pasta mixture to the prepared baking dish. Place in oven and bake until cooked through and golden brown, 20-23 minutes. Serve hot and enjoy.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from: damndelicious.net

What You'll Need



RA Cooking Tips

- Use a small mesh strainer to lift pasta out of hot water into a bowl rather than trying to pour the whole pan into a colander.
- Use an electric can opener to open cans.

Non-Stick Cooking Spray

• Use a mini-food processor to chop sun-dried tomatoes.