

Spinach Cheese Pasta

Olive oil nonstick spray

Chopped garlic (2 fresh cloves or 2 teaspoons from jar)

10-ounce package frozen chopped spinach, thawed and well drained

1 cup nonfat cottage cheese

½ cup shredded deli-style parmesan cheese

9-ounce package fresh angel hair pasta, cooked and drained

Spray a large nonstick skillet with nonstick cooking spray. Add garlic and cook over medium-high heat until fragrant, about 1 minute. Add spinach and stir. Add cheeses and stir thoroughly until cheese is melted. Toss in pasta.

Timesaving tip: To quickly thaw spinach, heat in microwave, or place frozen spinach in the refrigerator to thaw before you go to work in the morning.

Serves 4. 298 calories; 41 g carbs, 5 g fat (2 g sat fat), 3 g fiber

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