

# Spinach Feta Pasta



NUTRITION CONSULTING INC.

*It's your health. Take a stand.*

**Makes 6 Servings**

## What You Need

*The veggies in this dish add a good dose of vitamins and phytochemicals.*

3 tbsp. olive oil  
1 large red onion, finely sliced  
2 garlic cloves, minced  
1 bunch fresh spinach (or more!)  
1 red/yellow/orange bell pepper, chopped

3 cups uncooked fusilli pasta  
1/2 cup crumbled feta cheese  
Parmesan cheese  
Freshly ground pepper  
Optional: 1/4 cup pine nuts

## Per Serving

Calories 412  
Carbohydrates 48 g  
Protein 18 g  
Fat 18 g  
Dietary Fiber 5 g

## How You Prepare

Heat oil in saucepan and sauté onions and garlic for 10 minutes. Add spinach and stir until spinach wilts. Cover and cook over low heat for 10 minutes. Add bell peppers and cook until tender. Cook pasta until tender and drain. Add feta cheese and spinach mixture to warm pasta and toss. Sprinkle with parmesan cheese, pepper and pine nuts if desired.