CHEESE SPINACH NOODLES

Makes 6 servings

Prep Time: 20 minutes
Cook Time: 15 minutes



- 8 ounces egg noodles
- 10 ounce package frozen chopped spinach, thawed and drained
- 1/2 teaspoon dried basil
- 1 tablespoon dried parsley flakes
- 1 cup fat-free or low-fat cottage cheese
- 1/4 to 1/2 teaspoon salt (to taste)
- 2 tablespoons Parmesan cheese

Directions

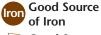
- 1. Cook noodles according to package directions.
- 2. While noodles are cooking, cook the spinach in a skillet for 5 minutes.
- 3. Add basil, parsley, cottage cheese, and salt to spinach. Cook 2 to 3 minutes, or until heated.
- 4. Drain noodles and toss in large serving bowl with spinach mixture. Top with Parmesan cheese.

Nutrition information Per Serving

160 calories
Total Fat 1.5 g
Saturated Fat 0 g
Protein 11 g
Total Carbohydrate 26 g
Dietary Fiber 2 g
Sodium 280 mg







Good Source of Calcium

Recipe analyzed using:

• Fat free cottage cheese

PARSLEY

BASIL

- Enriched egg noodles
- 1/4 tsp salt



Eat Smart







