

# CHEESE SPINACH NOODLES



Makes 6 servings

Prep Time: 20 minutes

Cook Time: 15 minutes

## Ingredients

- 8 ounces whole-wheat 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.



## Eat Smart

## 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

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

 Good Source of Iron

 Good Source of Calcium

Recipe analyzed using:

- Fat free cottage cheese
- Enriched egg noodles
- 1/4 tsp salt



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