

Spaghetti and Spinach Pesto

Ingredients:

1 lb. whole wheat spaghetti (or your favorite pasta shape), uncooked
1 (10 oz.) package frozen spinach, thawed, well drained
2 tbsp. Canola oil
¼ cup grated Parmesan cheese
2 tbsp. chopped parsley
2 cloves garlic
½ tsp. salt
½ tsp. dried basil
2 tbsp. tub margarine
1/3 cup water
2 oz. crumbled feta cheese



Directions:

In a blender (or food processor), combine spinach, oil, Parmesan cheese, parsley, garlic, salt and basil. Mix at medium speed until finely chopped. Melt margarine in water. With blender or processor running, gradually pour in melted margarine mixture until blended. Cook pasta according to package directions. Toss pesto with cooked pasta. Sprinkle feta on top and serve.

Makes 8 servings

Nutrition Facts:

Calories 294
Saturated Fat 3 g
Fiber 8 g
Sodium 417 mg
Potassium 203 mg
Calcium 202 mg
Vitamin D 22 IU

Meal Suggestion:

1 ¼ cup Spaghetti and Spinach Pesto (1 cup whole grains, ¼ cup vegetable)
3 oz Grilled Chicken (3 ounce protein)
1 cup Tossed Salad (1 cup vegetable)
1 cup Skim Milk (1 cup dairy)
½ cup Baked Apple Slices with Cinnamon (½ cup fruit)



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.