FUSILLI PASTA

Makes 5 servings

INGREDIENTS:

- 1 lb fusilli pasta
- ¼ cup olive oil
- 1 garlic clove (minced)
- 1 bag (9 oz) fresh spinach (roughly chopped)
- 8 oz of cherry tomatoes (halved)
- 1 cup grated Asiago cheese
- ½ cup grated Parmesan cheese
- 1 tsp salt
- ¾ tsp ground pepper

MATERIALS NEEDED:

- 1 skillet
- 1 pot
- Measuring spoons
- Measuring cup
- Cutting board
- Knife
- Serving utensils
- Eating utensils
- Plates

Nutrition Facts

Serving Size (228g)
Servings Per Container

Amount Per Serving

Calories 550	Calories from Fat 180
	% Daily Value*
Total Fat 20g	**31%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 620mg	**26%**
Total Carbohydrate 73g	**24%**
Dietary Fiber 10g	**40%**
Sugars 5g	
Protein 20g	

Vitamin A 120% • Vitamin C 35%

Calcium 35% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

COOKING INSTRUCTIONS:

1. Bring a large pot of salted water to boil on high heat.
2. Add the pasta and cook until tender but still firm to the bite. Stir occasionally.
3. Drain pasta. Reserve ½ cup of the cooking liquid.
4. At the same time that the pasta is cooking, warm olive oil in a skillet over medium-high heat.
5. Add garlic and cook until fragrant (about 2 minutes).
6. Add the spinach and tomatoes and cook until the spinach wilts (2 minutes).
7. Add the cooked pasta to skillet and toss with cheeses, salt, pepper, and cooking liquid.

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