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
- ¼ tsp ground pepper

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

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.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (228g)</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>550</td>
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<tr>
<td>Calories from Fat</td>
<td>180</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>20g 31%</td>
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<tr>
<td>Saturated Fat</td>
<td>6g 30%</td>
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<tr>
<td>Trans Fat</td>
<td>0g</td>
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<tr>
<td>Cholesterol</td>
<td>20mg 7%</td>
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<tr>
<td>Sodium</td>
<td>620mg 26%</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>Sugars</td>
<td>5g</td>
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<tr>
<td>Protein</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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