



Spinach & Mushroom Pasta

Ingredients

- About 2 cups of dried pasta
- 1 TBSP olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 cup mushrooms, sliced
- 3-4 cups fresh spinach, washed
- Salt and pepper, to taste

Directions:

1. Cook pasta according to box instructions
2. Add olive oil to a skillet over medium heat; Sauté garlic and onions until fragrant
3. Add mushrooms; Cook for an additional 5 minutes or until mushrooms begin to soften
4. Add in handfuls of spinach; Cook until wilted; Season with salt and pepper, to taste
5. Add in cooked pasta; Toss gently to combine all ingredients; Optional to serve with an additional protein source, like salmon or chicken; Enjoy!

Equipment
Skillet
Pot

Cost: \$

Ease: 

Health Benefit: Garlic and mushrooms contain antioxidants that boost immunity and overall health as well as decrease the risk of chronic disease. Spinach is rich in many nutrients like iron for blood health.

Fare Meals
by Arielle