

FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

ONE POT PASTA

MAKES 4 SERVINGS

INGREDIENTS

- 1 tablespoon olive oil
- 1 box mushrooms, sliced
- 3 cups water
- 1 box grape tomatoes, cut in half
- 1/2 box (8 ounces) whole wheat penne pasta
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried basil
- 1/2 teaspoon black pepper
- 1/2 cup parmesan cheese, plus more for garnish
- 1 bag (5 ounces) fresh spinach

DIRECTIONS

1. Heat the oil over medium heat in a large pot with a tight fitting lid
2. Sauté the mushrooms for 5-7 minutes until they begin to soften
3. Add all remaining ingredients except for the parmesan cheese and spinach, stir well to mix, and bring to a boil
4. Cover with the lid and allow to boil for 7-10 minutes according to pasta package instructions
5. When most of the liquid has been absorbed and the pasta is tender, remove from heat and stir in the parmesan cheese and spinach
6. Continue stirring for 1-2 minutes until spinach is tender
7. Serve with extra parmesan and dried basil for garnish

NUTRITION BREAKDOWN

CALORIES

300

CARBS

53 GRAMS

PROTEIN

15 GRAMS

FAT

5 GRAMS

FIBER

8 GRAMS

You can subtract the dietary fiber from the carb count!
 $53\text{g} - 8\text{g} = 45\text{g}$ of carbohydrates.

Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>