



NUTRITION CONSULTING INC.

Spinach Feta Pasta

A simple, colorful vegetarian pasta dish that is perfect for a speedy weekday supper meal.

Makes 6 Servings

What you need:

3 tbsp. olive oil
1 large red onion, finely sliced
2 garlic cloves, minced
1 bunch fresh spinach (or more!)
1 red/yellow/orange bell pepper, Chopped
3 cups uncooked fusilli pasta
1/2 cup crumbled feta cheese
Parmesan cheese
Freshly ground pepper
Optional: 1/4 cup pine nuts



How you prepare:

Heat oil in saucepan and sauté onions and garlic for 10 minutes. Add spinach and stir until spinach wilts. Cover and cook over low heat for 10 minutes. Add bell peppers and cook until tender. Cook pasta until tender and drain. Add feta cheese and spinach mixture to warm pasta and toss. Sprinkle with parmesan cheese, pepper and pine nuts if desired.

Per serving:

Calories 412
Carbohydrates 48 g
Protein 18 g
Fat 18 g
Dietary Fiber 5 g

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

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