## CHEESE SPINACH NOODLES

Makes 6 servings

Prep Time: 20 minutes
Cook Time: 15 minutes



- 8 ounces whole-wheat egg noodles
- 10 ounce package frozen chopped spinach, thawed and drained
- 1/2 teaspoon dried basil
- 1 tablespoon dried parsley flakes
- 1 cup fat-free or low-fat cottage cheese
- 1/4 to 1/2 teaspoon salt (to taste)
- 2 tablespoons Parmesan cheese

## **Directions**

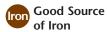
- 1. Cook noodles according to package directions.
- 2. While noodles are cooking, cook the spinach in a skillet for 5 minutes.
- 3. Add basil, parsley, cottage cheese, and salt to spinach. Cook 2 to 3 minutes, or until heated.
- 4. Drain noodles and toss in large serving bowl with spinach mixture. Top with Parmesan cheese.

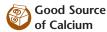
## **Nutrition information** Per Serving

160 calories
Total Fat 1.5 g
Saturated Fat 0 g
Protein 11 g
Total Carbohydrate 26 g
Dietary Fiber 2 g
Sodium 280 mg









Recipe analyzed using:

- Fat free cottage cheese
- Enriched egg noodles
- 1/4 tsp salt







