



Easy Spinach & Feta Penne



1/2 of recipe: 310 calories, 6g total fat (2g sat. fat), 626mg sodium, 54.5g carbs, 8.5g fiber, 10g sugars, 13.5g protein

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Prep: 5 minutes **Cook:** 20 minutes



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Ingredients

4 oz. uncooked whole-grain penne pasta (or your healthy pasta of choice)
4 cups baby spinach
1 cup low-fat marinara sauce with 70 calories or less per serving
1/4 cup crumbled feta cheese
2 tbsp. chopped fresh basil, or more for topping
Optional seasonings: salt, black pepper, garlic powder, red pepper flakes

Directions

In a medium pot, cook pasta per package instructions, 8-10 minutes.

Place spinach in a strainer. Pour pasta and the cooking water over the spinach to strain the pasta and wilt the spinach.

Transfer the drained pasta and the spinach to the pot. Set heat to medium low. Add marinara sauce. Cook and stir until hot, about 1 minute.

Remove pot from heat, and stir in feta cheese.

Serve topped with basil.

MAKES 2 SERVINGS

It's just as easy as it sounds! [Watch this video](#) to see for yourself.

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