

## Pasta Primavera with Spinach Noodles

(Makes 4 servings)

*You'll love this fabulously interesting pasta dish, which is as colorful as it is delicious. I also love this recipe because it is a help in learning the key to enjoying a large plate of pasta: add loads of veggies and intense flavor, and pasta volume itself is no longer an issue.*

### **Ingredients:**

- 6 ounces spinach egg noodles, uncooked
- 1 tablespoon olive oil
- 3 garlic cloves, peeled and chopped
- ½ medium red onion, chopped finely
- 12 ounces raw baby spinach, washed and drained
- 3 tablespoons lemon juice
- 1 cup cooked black beans (canned okay)
- 4 tomatoes, chopped
- 8 tablespoons soy Parmesan cheese

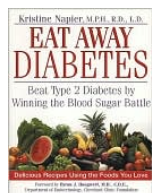
### **Directions:**

- 1) Gather all ingredients, cleaning and chopping as necessary. The goal is to cook the vegetables while the pasta cooks, so that the two are done at about the same time. Tossing just-drained hot pasta with rich-tasting ingredients helps the pasta pick up the flavors. Cook pasta according to package directions as you work on the next set of direction.
- 2) In a large nonstick pan, heat olive oil with chopped garlic over low heat.
- 3) Sauté for at least 5 minutes, one of the tricks to releasing the fabulous flavor of the garlic and onions into the oil.
- 4) Add spinach, lemon juice, and black beans; cover. Increase heat to medium and steam for 5 minutes only, just enough for spinach to wilt but remain brilliant green.
- 5) When pasta has finished cooking, drain but do not rinse.
- 6) Toss hot, drained pasta with hot veggies. Divide pasta/veggie mixture between 4 plates. Top each with 1 chopped tomato and 2 tablespoon soy flavored soy cheese.

### **Nutritional Analysis:**

- Calories: 351 (20% calories from fat)
- Fat: 7.9 g
- Saturated Fat: 1.1 g
- Protein: 20 g
- Carbohydrates: 53 g
- Fiber: 10.6 g
- Cholesterol: 40 mg
- Potassium: 1094 mg
- Sodium: 353 mg
- Omega-3 Fatty Acids: 0.24 g

### **Source:**



Recipe developed and copyrighted by Kristine M. Napier, MPH, RD, LD.  
Reprinted with permission from "Eat Away Diabetes: Beat Type 2 Diabetes by Winning the Blood Sugar Battle." Kristine Napier / Paperback / Prentice Hall Press / May 2002.

This cookbook is available in bookstores or online from BN.com or Amazon.com.