

Spinach Pasta Bake

2 cups whole wheat
penne pasta

1 pound lean ground beef

1 large onion, chopped

1 large carrot, shredded

1 teaspoon black pepper

1½ teaspoons dry
basil

1 teaspoon garlic
powder

1 teaspoon dried
oregano

1 can (14 ounces) Italian
diced tomatoes, drained

10 ounces fresh spinach,
chopped

1 cup low-fat shredded
Mozzarella cheese

Preheat oven to 350 degrees F. **Cook** pasta according to package directions. **Drain** and **cover** to keep warm. In a large skillet over medium heat, **cook** the beef and onions until beef is no longer pink. **Drain. Return** beef to skillet. **Add** carrots and spices and **cook** an additional two minutes. **Stir** in tomatoes. **Reduce** heat to low. **Cover** and **simmer** 10 minutes. **Add** pasta and

spinach and mix well. **Cover** and **cook** an additional 3 minutes or until spinach is wilted. **Pour** into greased 3-quart baking dish. **Sprinkle** with Mozzarella cheese. **Bake**, uncovered for 10 minutes.

Yield: 9, 1 cup servings

Nutritional Analysis: 200 calories, 4.5 g fat, 2 g saturated fat, 35 mg cholesterol, 270 mg sodium, 25 g carbohydrate, 4 g fiber, 4 g sugars, 18 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

<http://plateitup.ca.uky.edu>

Kentucky Spinach

SEASON: May-June and September-November.

NUTRITION FACTS: One cup serving of raw spinach has 10 calories. Packed with vitamins that promote health, it is a major source of vitamins A and C. It is also a good source of calcium.

SELECTION: Look for bright green leaves that are fresh, young, moist and tender. Avoid coarse stems and injured, torn, dried, limp or yellowed leaves.

STORAGE: Store in the coldest part of the refrigerator for no more than 2 to 3 days.

PREPARATION: Wash in lukewarm water in a large bowl. Remove any roots, rough ribs and the center stalk, if it is large or fibrous.

Source: www.fruitsandveggiesmatter.gov

PRESERVING: Wash leaves and remove large stems. Blanch 2 minutes, cool, drain and pack in canning or freezer jars or plastic freezer boxes, leaving ½-inch headspace. Seal, label and store up to one year in the freezer.

SPINACH PASTA BAKE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human
Nutrition students

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