

Roasted Red Pepper, Spinach & Feta Penne Pasta

In this quick 20-minute dinner recipe, tender penne pasta is combined with garlic, roasted red peppers and spinach, and topped with crumbled feta cheese for a fast and easy Mediterranean-inspired meal.



Ingredients

- 12 ounces whole-wheat penne
- ¼ cup extra-virgin olive oil
- 3 large cloves garlic, sliced
- 1 (16 ounce) jar roasted red peppers, drained and chopped
- 1 (10 ounce) package baby spinach
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¾ cup crumbled feta cheese

Bring a large pot of water to a boil and cook penne according to package directions; drain and return to pot.

Meanwhile, heat oil in a large skillet over medium heat. Add garlic and cook, stirring, until fragrant but not browned. Add roasted red peppers, spinach, salt and pepper; cook, stirring, until the spinach is just wilted, about 4 minutes.

Combine the vegetable mixture with the penne. Stir in feta and serve.

Nutrition Facts

Serving Size: 1 2/3 Cups

Per Serving:

377 calories; protein 11.9g; carbohydrates 49g; dietary fiber 7.2g; sugars 4.8g; fat 14.8g; saturated fat 4.1g; cholesterol 16.7mg; vitamin a iu 3139.1IU; vitamin c 68.7mg; folate 6.1mcg; calcium 292.2mg; iron 4.9mg; magnesium 37.5mg; potassium 238.1mg; sodium 498.1mg; added sugar 2g.