

Sardine Spinach Pasta

Ingredients:

8 ounces whole wheat spaghetti or
 1 spaghetti squash
 2 tins sardines in olive oil (4 oz.
 each)
 1 onion
 2 cloves garlic
 1/2 teaspoon red pepper flakes
 4 cups of fresh spinach, kale or other
 greens (if frozen add 1-10 ounce
 packages thawed and drained)
 Salt & pepper to taste

Equipment:

Large pot
 Colander or strainer
 Small bowl
 Knife and cutting board
 Large skillet

Number of Servings: 4
 Prep Time: 10minutes
 Total time: 30 minutes

Directions

1. Cook spaghetti according to directions. If using spaghetti squash, cut squash in half and scrape out seeds. Bake with the cut side down for 30-40 minutes at 375 F. When soft, scrape out squash into a bowl and set aside.
2. Drain oil from sardines into a small bowl. Place 1 teaspoon of oil in a large skillet. Set the drained sardines aside.
3. Peel onion and chop into 1/2 inch pieces. Mince garlic. Rinse spinach or greens well. If leaves are large, chop into smaller pieces.
4. Heat skillet with oil to medium high heat. Add onions and cook until translucent about 3 minutes. Add garlic and stir. Add red pepper flakes and spinach. If pan is dry add a few tablespoons of water.
5. Once spinach is wilted, flake sardines into skillet and cook until heated through. Add salt and pepper to taste.
6. Serve over pasta or spaghetti squash.

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Nutrition Facts

Serving Size: 1 cup pasta with 1/2 cup sauce
 Servings: 4

Amount Per Serving		%Daily Value*	
Calories 332		Calories from Fat 63	
Total Fat 7g			11%
Saturated Fat 1g			5%
Cholesterol 81mg			27%
Sodium 308mg			13%
Potassium 510mg			15%
Total Carbohydrate 46g			15%
Dietary Fiber 6g			23%
Protein 23g			46%
Vitamin A 30%	Vitamin C 13%		
Iron 24%	Calcium 27%		

*Percent Daily Values are based on a 2,000 calorie diet.

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