

Whole Wheat Pasta with Spinach and Mushrooms

16 ounces whole wheat rotini pasta
1 tablespoon, plus 2 teaspoons olive oil
2 garlic cloves
½ tsp crushed red pepper flakes
1 tsp dried rosemary
1 quart sliced mushrooms
1 red bell pepper
14 oz can artichokes, chopped
14 oz can no salt added diced tomatoes, drained
1 cup garbanzo beans, rinsed and drained
3 cups fresh spinach
2 Tbsp fresh basil, chopped
¼ cup Shredded part-skim mozzarella

Cook pasta according to package. Heat 1 tablespoon oil over medium heat. Add garlic, crushed red pepper, rosemary and sauté 2 minutes until golden brown. Add mushrooms, bell pepper, artichokes, tomatoes and garbanzo beans. Cook 5 minutes. Add spinach and cover until wilted. Remove from heat. Add mixture to pasta with fresh basil, 2 tsp olive oil and mozzarella. Mix pasta and serve.

Serves 8. One serving=1 cup

Calories 320 Fat 7g Carbohydrate 51g Dietary Fiber 12g Protein 15g Sodium 320mg