

# SPICY CREAMED SPINACH AND ZUCCHINI PENNE

*Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 8 (Serving= 3/4 cup)*

## **Nutrition (per serving)**

Calories: 197	Total Carbohydrate: 24
Total Fat: 6 g	Dietary Fiber: 4 g
Saturated Fat: 3 g	Protein: 12 g
Sodium: 317 mg	

## **Ingredients**

- 2 cups whole grain penne pasta, uncooked (choose gluten free pasta for GF version)
- 1 - 5.3 ounce container nonfat, plain Greek yogurt
- $\frac{3}{4}$  cup fat free milk
- 1- 9 ounce frozen, creamed spinach, thawed (call company to check gluten free status for GF version)
- 1  $\frac{1}{2}$  cups low fat, shredded Mexican blend cheese
- 1 medium zucchini, chopped
- 3 Tablespoons fresh basil, chopped
- 1 Tablespoon garlic, minced
- 2 teaspoons ground mustard
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon cayenne powder

## Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Cook pasta according to directions on box.
3. In a large bowl, mix the milk and Greek yogurt together. Add rest of ingredients including pasta and mix well.
4. Pour mixture into square baking dish and cover with foil. Cook for 20-25 minutes or until the zucchini is tender.