

WHOLE-WHEAT SPAGHETTI WITH ARUGULA

NAME OF DISH

INGREDIENTS

- * 2 tablespoons olive oil, divided
- * 1/4 teaspoon crushed red pepper
- * 2 garlic cloves, minced
- * 1 cup chopped/diced tomato
- * 1 pound arugula, trimmed and torn (about 16 cups)
- * 4 cups hot cooked whole-wheat spaghetti (about 8 ounces uncooked pasta)
- * 1 1/2 tablespoons red wine vinegar
- * 3/4 teaspoon salt
- * 1/2 teaspoon freshly ground black pepper
- * 1/2 cup (2 ounces) grated fresh Parmesan cheese

NUTRITIONAL INFORMATION

Calories 347 * Calories from fat 30% * Fat 11.6g * Sat fat 4.3g * Monofat 6.1g * Polyfat 0.7g * Protein 17.5g * Carbohydrate 41.6g * Fiber 8.2g * Cholesterol 10mg * Iron 4.4mg * Sodium 705mg * Calcium 322mg



INSTRUCTIONS

Heat 1 tablespoon oil over medium-high heat in a Dutch oven. Add red pepper and garlic; sauté 20 seconds. Add tomato and arugula; sauté 2 minutes or until arugula is wilted. Spoon into a large bowl. Add 1 tablespoon oil, spaghetti, vinegar, salt, and black pepper; toss well. Sprinkle with cheese.

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