

# CHEESE SPINACH NOODLES

*Sourced from Faithful Families Thriving Communities*

**TOTAL PREP TIME: 20 MINUTES | COOK TIME: 15 MINUTES**

**SERVINGS: 6 | SERVING SIZE: 1/6 RECIPE**

## NUTRITION FACTS

160 calories  
Total Fat: 1.5g  
Saturated Fat: 0g  
Carbohydrates: 26g  
Fiber: 2g  
Protein: 11g  
Sodium: 280mg  
Cholesterol: 12mg

## INGREDIENTS

- 8oz egg noodles
- 1 (10oz) package frozen chopped spinach, thawed and drained
- 1/2 teaspoon dried basil
- 1 tablespoon dried parsley flakes
- 1 cup fat-free or low-fat cottage cheese
- 1/4 to 1/2 teaspoon salt (to taste)
- 2 tablespoons Parmesan cheese

## DIRECTIONS

1. Wash hands and assemble clean equipment.
2. Cook noodles according to package directions.
3. While noodles are cooking, cook the spinach in a skillet for 5 minutes.
4. Add basil, parsley, cottage cheese, and salt to spinach. Cook 2 to 3 minutes, or until heated.
5. Drain noodles and toss in large serving bowl with spinach mixture. Top with Parmesan cheese.

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## NUTRITION AND RECIPE TIPS

- Taste test fat-free/low fat cottage cheese and traditional mozzarella cheese. Both options taste great, yet cottage cheese is higher in protein and lower in fat.
- Egg noodles have higher amounts of **protein**: helps you feel fuller longer.
- Frozen spinach is even higher in nutrients like folate and iron than fresh spinach; food processing helps retain and concentrate these nutrients.
- Excellent source of:
  - **vitamin A**: aids in vision and immune system function.
  - **vitamin C**: aids in growth, development, and repair of the body.
- Good source of:
  - **calcium**: important for strong bones and teeth
  - **iron**: prevents anemia; important for growth and development.