



Makes 8 servings

One-Pot Pasta

HEALTHY CHOICE MEAL KIT

RECIPE

INGREDIENTS

- | | |
|------------|--|
| 2 Tbsp. | Cooking oil |
| 1 | Onion, small |
| 1 lb. | Short pasta |
| 2 1/2 cups | Water |
| 2 cups | Milk |
| 12 oz. | Spinach, frozen* |
| 1 | Seasoning packet: 1 cup Parmesan cheese, 1/2 tsp. Kosher salt (1/4 tsp. fine salt), 1/4 tsp. garlic powder** |

Serving suggestions:

- Squeeze some fresh lemon over the finished pasta to enhance the flavors.
- Turn this dish into a complete meal by adding cooked chicken, tuna, or chickpeas to the recipe at step 5, or by serving alongside a protein of choice.

*2 cups packed baby spinach may be substituted for the frozen spinach. Other vegetables (fresh or frozen) may be substituted as well; add them at the beginning of the recipe along with the pasta to ensure that they cook fully.

**In place of 2 cloves minced garlic

INSTRUCTIONS

1. In a pot or large skillet with a lid, heat the oil over medium heat.
2. Add the onion and saute until softened, about 3 minutes. (Note: if using fresh minced garlic, add this now).
3. Stir in the pasta, then the milk and water. (Note: if using veggies other than spinach, add them now).
4. Cover and bring to a boil. Stir and reduce to a simmer. Continue to cook (covered or uncovered) for 10-12 minutes, stirring occasionally, until the pasta is cooked and the liquid has become a creamy sauce.
5. Stir in the spinach and the parmesan cheese packet. If adding protein do so now as well. Continue to cook over low heat until the spinach is warmed through and the cheese is melted. Stir before serving. If the sauce has become too thick, mix in a little hot water to achieve the desired consistency.

Recipe adapted from thekitchn.com

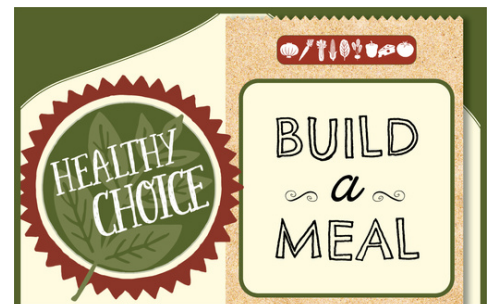
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THE
Open
Door





One-Pot Pasta

HEALTHY CHOICE MEAL KIT

SHOPPING

PRODUCE

- 1 onion
- 1 lb. frozen spinach
- Optional: 1 lemon

PROTEIN AND DAIRY

- Milk (need 2 cups)
- Optional: Chicken (canned or frozen), tuna, or chickpeas

GRAINS

- 1 lb. short pasta

OTHER

THE OPEN DOOR SEASONING KIT

- 1 cup Parmesan cheese
- 1/2 tsp. kosher salt
- 1/4 tsp. garlic powder (in place of 2 cloves minced garlic)

Questions?

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email info@foodpantry.org

