

PASTA WITH CHERRY TOMATOES AND SPINACH



INGREDIENTS:

- 1 lb penne pasta
- 2 Tablespoons olive oil
- 1 pint cherry tomatoes
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 clove garlic, thinly sliced
- 1 cup vegetable broth
- 2 cups fresh spinach

INSTRUCTIONS:

1. Bring a large pot of salted water to a boil over medium-high heat. Add the penne and cook for 9 to 10 minutes, or until al dente. Drain the pasta, reserving 1/2 cup of the pasta water.
2. While the pasta is cooking, heat oil in a large, wide pot over medium heat. Add tomatoes, salt, and pepper, and cook until the tomatoes begin to burst and give off their juices, about 9 to 10 minutes. Use a wooden spoon to gently press the tomatoes if they do not burst on their own.
3. Add the garlic and cook for 1 minute, or until fragrant. Stir in vegetable stock and bring to a boil, then reduce the heat to a simmer and cook for 5 minutes. Finally, stir in the spinach and cook until slightly wilted.
4. Toss the pasta into the pot with the sauce and stir well to combine. Add in some of the reserved cooking water, if needed. Taste and add additional salt and pepper, if needed.
5. Eat and enjoy!

Yield: 4-6 servings

Source: eatingwell.com

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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