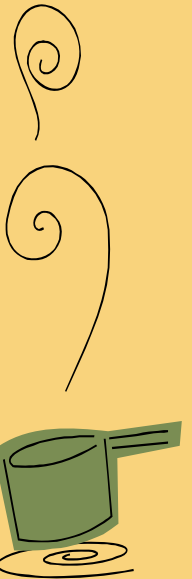


RECIPES



*For eating well
after bariatric
surgery*

DENISE'S SPINACH AND CHEESE PASTA

Ingredients:

- 4 oz. dry whole wheat penne (makes 2 c. cooked)
- 3 garlic cloves
- 2 oz. goat cheese
- 1 oz. low fat cream cheese
- ¾ tsp. salt
- ½ tsp. freshly ground black pepper
- 6 oz. fresh baby spinach leaves
- 2 Tbsp. reduced fat Parmesan topping

Directions:

1. Bring a large pot of salted water to a boil.
2. Add the penne and cook until it is tender but still firm to the bite, stirring occasionally, about 12 minutes.
3. Mince the garlic in the food processor.
4. Add the goat cheese, cream cheese, ¾ tsp. of salt, ½ tsp. of pepper, and half of the spinach leaves.
5. Blend until the mixture is smooth and creamy.
6. Set the cheese and spinach mixture aside.
7. Meanwhile, place the remaining spinach leaves in the large bowl.
8. Drain the pasta, reserving 1 cup of the cooking liquid.
9. Spoon the pasta atop the spinach leaves in the bowl.
10. Scrape the cheese and spinach mixture over the pasta mixture and toss to coat, adding enough reserved cooking liquid to moisten.
11. Season the pasta to taste, with salt and pepper, sprinkle the parmesan over and serve.

Yields: ½ cup (1/3 c penne, plus toppings)

Calories: 130

Fat: 4 g

Protein: 6 g

Carbs: 19 g (3 g fiber)

*Be flexible with the
veggies used, try
adding bell
peppers, cherry
tomatoes, onions,
or asparagus!!*



*To view more recipes or submit your own, visit
www.muschealth.com/weightlosssurgery*