



FLOUR CITY PASTA

WHOLE WHEAT SPINACH GARLIC FETTUCCINE WITH BROCCOLI RABE

Ingredients:

- 1lb. Whole Wheat Spinach Fettuccine cooked al dente (about 8 minutes).
- 1 large bunch broccoli rabe
- 1 bunch swiss chard
- 2 tbs. extra virgin olive oil
- 3 cloves garlic, chopped
- ¼ tsp. red pepper flakes
- ½ cup water
- Salt
- ½ cup grated parmesan

Directions:

Boil pasta 8-10 minutes

While pasta cooks heat oil in a large skillet on medium until hot. Add garlic and red pepper flakes, cook 2 minutes stir in ½ the greens and the water and ½ tsp salt into garlic skillet cover and cook 2-3 minutes until greens are wilted. Stir in remaining greens, cover and cook until all greens are tender. Drain pasta and put in large bowl. Add parmesan and greens with a little pasta water and serve.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 2.5g	4%	Total Carb. 78g	26%
Serv. Size 1/4 lbs (113g)	Sat. Fat 0g	0%	Fiber 11g	42%
Serv. Per Cont. 3	<i>Trans</i> Fat 0g		Sugars 0g	
Calories 380	Cholest. 0mg	0%	Protein 17g	
Fat Cal. 20	Sodium 0mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	• Vitamin C 0%	• Calcium 4%	• Iron 25%

INGREDIENTS: Organic Whole Wheat Flour, Organic Wheat, Durum, Organic Garlic Powder, Organic Spinach Powder

CONTAINS: Wheat

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