

Spinach & Artichoke Dip Pasta

If you've ever wanted to make a meal out of warm spinach and artichoke dip, this creamy pasta is for you. And here's what's almost as good as the flavor of this comforting dish: the fact that this healthy dinner takes just 20 minutes to prepare.

By **Carolyn Casner** | Updated on April 16, 2024

✔ Reviewed by Dietitian **Christa Brown, M.S., RDN, LD**

✔ Tested by **EatingWell Test Kitchen**

Active Time: 20 mins

Total Time: 20 mins

Servings: 4

Yield: 4 servings

Nutrition Profile:

High-Calcium Bone-Health Nut-Free Healthy Aging Healthy Immunity Soy-Free High-Fiber Vegetarian
High-Protein Egg-Free Low-Calorie

Ingredients

8 ounces whole-wheat rotini

1 (5 ounce) package baby spinach, roughly chopped

4 ounces reduced-fat cream cheese, cut into chunks

$\frac{3}{4}$ cup reduced-fat milk

$\frac{1}{2}$ cup grated Parmesan cheese, plus more for garnish, if desired

2 teaspoons garlic powder

$\frac{1}{4}$ teaspoon ground pepper

1 (14 ounce) can artichoke hearts, rinsed, squeezed dry and chopped (see Tip)

Directions

Step 1

Bring a large saucepan of water to a boil. Cook pasta according to package directions. Drain.

Step 2

Combine spinach and 1 tablespoon water in a large saucepan over medium heat. Cook, stirring occasionally, until just wilted, about 2 minutes. Transfer to a small bowl.

Step 3

Add cream cheese and milk to the pan; whisk until the cream cheese is melted.

Step 4

Add Parmesan, garlic powder and pepper; cook, whisking until thickened and bubbling.

Step 5

Drain as much liquid as possible from the spinach. Stir the drained spinach into the sauce, along with artichokes and the pasta. Cook until warmed through.

Equipment

Large saucepan

Tip

If you can find frozen artichoke hearts, they also work well in this recipe. Thaw before using.

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Nutrition Facts

Per serving: **Serving Size 1 1/3 cups** 371 calories; total fat 9g; saturated fat 4g; cholesterol 26mg; sodium 550mg; total carbohydrate 56g; dietary fiber 8g; total sugars 6g; protein 17g; vitamin c 17mg; calcium 240mg; iron 3mg; potassium 397mg