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One Pot Pasta with Greens

One great way to use up your greens and incorporate them into your weekly meal plan is to make a hearty, satisfying, yet, nutritious one pot pasta meal. This meal is so easy, as it all cooks in one pot. The flavors are delicious, and include a wide variety of nutrients.



Ready in **20 minutes**

Serves **6 people**

Ingredients

- 1 pound of spaghetti or fettuccine
- 1 cup basil leaves, julienned
- ½ cup sliced sun dried tomatoes in oil
- 1 cup greens–kale, spinach, etc.
- 4 cloves of garlic pressed
- 4.5 cups water
- 2-3 TBSP oil from sun dried tomato jar
- 1 TBSP kosher salt
- 8 ounces gruyere, asiago, or brie cheese cut or torn into small pieces
- Pepper, grated parm, and olive oil to taste

Preparation

1. **Add pasta, basil, sun dried tomatoes, greens, garlic, salt, pepper, olive oil, and water to a 3 quart, straight-sided skillet or dutch oven.**
2. Over high heat, bring to a **rolling boil**. Lower heat to **med-high** and cook until pasta is al dente–approximately **9-10 minutes**. Stir or toss pasta regularly to prevent sticking.
3. **Remove from heat.**
4. **Add cheese to the pasta mixture and stir.** The cheese will melt and thicken.
5. Season with additional salt, pepper, parmesan, and olive oil to taste.

Tip

Serve with a fresh side salad of your greens!