



Pasta with Spinach & Goat Cheese

By Breeze Brown, RD

What you'll Need:

- Serves 2
- 6 oz. rigatoni, penne, ziti or spirals
- 4 Shallots
- 1 Clove of garlic
- 1 Small bag of baby spinach
- 2 oz. goat cheese
- ½ lemon
- 1/8 c. fresh basil & oregano mix
- 1 tsp. olive oil
- Salt & Pepper to taste
- Optional: Parmesan Cheese, dried red pepper flakes or fresh roasted red pepper, baked chicken

Putting it together:

1. Preheat oven to 400 degrees.
2. Peel shallots & garlic & quarter. Mix with a splash of olive oil, salt & pepper, then spread on baking sheet. Bake, mixing occasionally, for approx. 10 min. or until caramelized.
3. While that's baking, bring a large pot of water to a boil. When boiling, season with salt, then add pasta. Cook until al dente.
4. In a sauce pan, add Portobello mushrooms, remaining olive oil, salt and pepper and cook until soft. (approx. 5-7 min.)
5. When pasta is cooked, strain, but keep ¾ of strained water in reserve.
6. When shallots and garlic are caramelized, remove from oven.
7. Add water back into pot used for cooking pasta and turn back onto high heat.
8. When water is hot, but not boiling, add the pasta back into the pot, along with roasted shallots and garlic, basil & oregano, spinach, goat cheese, juice of ½ the lemon, Portobello mushrooms & optional items. If adding chicken, make sure to cook thoroughly & chop into chunks.
9. Cook until a sauce forms. Plate & enjoy!