



Cavatappi with Spinach, Beans, and Asiago Cheese

8 cups coarsely chopped spinach leaves
4 cups hot cooked cavatappi (about 6 ounces uncooked spiral-shaped pasta)
2 tablespoons olive oil
¼ teaspoon salt
¼ teaspoon pepper
1 (19-ounce) can cannellini beans or other white beans drained (and rinsed – optional)
2 garlic cloves
½ cup (2 ounces) shredded Asiago cheese
Freshly ground black pepper (optional)

Combine first 8 ingredients in a large bowl; toss well. Sprinkle with freshly ground black peppers, if desired.

Serves 4. *Per serving: 401 calories, 12 grams fat, 55 grams carbohydrate, 464 mg sodium, 10 mg cholesterol, 7 grams fiber.*

From *The Complete Cooking Light Cookbook*.

If, by chance, you've spent too much time in the kitchen, or ate an excessive amount of what came out of the kitchen over the holidays, you'll be happy to try this easy and nutritious dish. This recipe is the perfect example of how a small amount of a flavorful ingredient can really add pizzazz to a dish. Asiago cheese has a strong taste so you need very little. In fact, the recipe would probably still work with the cheese reduced by half. Look for whole wheat pasta to get more fiber and nutrients. Rinsing the beans or eliminating the salt will reduce the sodium content. Dark green leafy vegetables, such as spinach, are a great source of folic acid. This is an important vitamin in reducing heart disease risk, and the American diet has been shown to contain only half of the recommended dietary intake of folic acid.

Best wishes for a healthy and happy New Year!

Your Partners in Health,
Candace and Lesley