



Penne with Creamy Walnut Sauce

10 ounces fresh spinach
1/2 cup toasted walnuts, coarsely chopped*
2 cups low-fat cottage cheese
1 garlic clove, minced or pressed
1/4 cup grated Parmesan cheese
1/4 cup loosely packed chopped fresh basil
Ground black pepper to taste
1 to 1 1/2 pounds penne (tubular pasta)
1 head broccoli

*Toast walnuts in a single layer on an unoled baking tray in a conventional or toaster oven for about 10 minutes until fragrant and golden brown.

Bring a large covered pot of water to a rapid boil. While the water heats, wash the spinach and transfer it to a separate large pot. The water clinging to the leaves should provide enough moisture to steam it. Cover and cook the spinach on medium-high heat for about 4 minutes, until wilted but still bright green. Drain. In a food processor or blender, combine the spinach, walnuts, cottage cheese, garlic, Parmesan, basil and puree until smooth, working in batches if necessary. Add pepper to taste and set aside.

When the water boils, stir in the pasta, cover, and return to a boil. Then uncover the pot and cook until the pasta is al dente, about 7 minutes. While the pasta cooks, cut the broccoli in to spears and steam until it is just tender, about 5 minutes, and set aside. Drain the pasta and serve immediately, topped with spinach-walnut sauce and several steamed broccoli spears. Sprinkle with grated Parmesan, if you wish.

Serves 6. *Per Serving: 470 calories, 10.3 grams fat, 67 grams carbohydrates, 468 mg sodium, 11 mg cholesterol, 6 grams fiber.*

Adapted from *Moosewood Restaurant Low-Fat Favorites*, our new "Cookbook of the Quarter," available at Asheville's Barnes & Noble discounted 20% through June 2003.

We felt sure this recipe would appeal to those who enjoy typical Southern foods. It is creamy and very filling and satisfying. The broccoli and cottage cheese make this dish a good source of calcium. The 1/2 teaspoon of salt the recipe called for was deleted because cottage cheese is already relatively high in sodium. Be aware that the recipe allows for very generous portions of the sauce. Enjoy!

Your partners in health,
Candace and Lucy