

WHOLE WHEAT PASTA WITH SPINACH AND PINE NUTS

IN A WHITE WINE SAUCE

This light, yet satisfying pasta is loaded with good-for-you ingredients like one of fall's favorite cool-weather crops – fresh spinach. With its white wine sauce it has less than 15 grams of fat per serving.

- 1 teaspoon olive oil
 - 1 clove garlic -- minced
 - 2 tablespoons sun-dried tomatoes -- thinly sliced
 - 2 tablespoons pine nuts (pignolia)
 - 2 cups fresh spinach -- roughly chopped
 - ½ cup white wine
 - 2 cups chicken stock
 - 2 teaspoons fresh thyme
 - 2 tablespoons unsalted butter -- room temperature
 - 2 tablespoons flour
 - 1 pound box whole wheat pasta, cooked according to package instructions
 - ¼ cup grated Parmesan cheese -- optional
 - fresh parsley -- chopped
- In a large pot, bring water to boil for pasta. Cook according to directions on the box.
 - Meanwhile, in a large skillet sprayed with nonstick cooking spray, heat olive oil over medium-high heat. Add minced garlic and sauté until soft, being careful not to brown.
 - Turn heat to low. Add chopped sun-dried tomatoes and pine nuts. Stir to heat through.
 - Add in spinach, white wine, chicken stock and fresh thyme. Stir and cook for 2 minutes or until spinach is just wilted.
 - To thicken sauce before serving, combine butter and flour together in a separate bowl to make a "burre rouge" (a paste of equal amounts butter and flour). Add one tablespoon of the burre rouge to the sauce and stir over low heat to slightly thicken (any remaining burre rouge can be stored in the refrigerator for future needs.)
 - Drain pasta and toss in pan with sauce to coat.
 - To serve, top with freshly grated Parmesan cheese and chopped fresh parsley

Serves 4