



Pasta with Prosciutto and Spinach



Photo by: Photo: Beau Gustafson; Styling: Jan Gautro

YIELD: 4 servings (serving size: 1 cup)

TOTAL: 20 MINUTES

COURSE: Main Dishes

Ingredients

1 (9-ounce) package fresh cheese tortellini (such as DiGiorno)

1 tablespoon pine nuts

1 teaspoon olive oil

6 large garlic cloves, finely chopped

1 (6-ounce) package fresh baby spinach

1/4 cup (1 ounce) preshredded Parmesan cheese

1/4 teaspoon black pepper

2 ounces prosciutto, thinly sliced

Preparation

1. Cook pasta according to the package directions, omitting salt and fat; drain. Transfer pasta to a large bowl.
2. Heat a large nonstick skillet over medium heat. Add nuts to pan; cook 1 1/2 minutes or until toasted, stirring occasionally. Add nuts to bowl.
3. Heat oil in pan over medium heat. Add garlic to pan; cook 2 minutes, stirring occasionally. Add spinach to pan; cook 2 minutes or until spinach wilts, stirring constantly. Add spinach mixture, cheese, and remaining ingredients to bowl; toss well.

Nutritional Information

Amount per serving
Calories: 292
Fat: 9.2g
Saturated fat: 3.2g
Monounsaturated fat: 2.3g
Polyunsaturated fat: 1.1g

Protein: 14.6g
Carbohydrate: 38.8g
Fiber: 3.8g
Cholesterol: 32mg
Iron: 1.8mg
Sodium: 618mg
Calcium: 103mg

Cooking Light OCTOBER 2008

Go to full version of

[Pasta with Prosciutto and Spinach recipe](#)

Copyright © 2011 Time Inc. Lifestyle Group. All Rights Reserved. Use of this site constitutes acceptance of our [Terms of Use](#) and [Privacy Policy](#).