



## SPINACH PASTA

**SERVES:** 4 (approx. ½ cup each) **Prep Time:** 35 min. + 45 min. **resting time** **Cooking Time:** 9 min.

**CONTAINER EQUIVALENTS** (per serving): 1 1

**VEGAN CONTAINER EQUIVALENTS** (per serving): 1 1

**4 cups** baby spinach  
**1 cup** semolina flour (preferably fine-ground *rimacinata*)  
**3 Tbsp.** warm water  
**1 dash** sea salt (or Himalayan salt)  
Boiling water

1. Bring large pot of water to a boil over high heat.
2. Add spinach; blanch for 2 minutes. Drain and immediately rinse under cold water. Squeeze out as much water as possible; finely chop.
3. Add spinach, semolina, water, and salt to a medium mixing bowl; mix until a rough dough forms. Turn out dough onto a table and knead for 5 minutes. (Dough should be very stiff; if it is crumbly, wet hands and continue to knead, slowly working in more water, until dough is fully hydrated.)
4. Wrap dough tightly in plastic wrap; set aside to rest for 15 minutes. Unwrap and knead another 1 to 2 minutes before rewrapping. Rest another 30 minutes.
5. Bring large pot of lightly salted water to a boil over high heat.
6. Roll out dough to ¾-inch thickness. Cut off a ¾-inch wide rope of dough; cover remainder with plastic wrap. Using clean hands, roll rope against table into a long, cylindrical cord about ½-inch thick. Cut cord into ¾-inch chunks.
7. Arrange a clean kitchen towel on a baking sheet. Using thumb, and pressing lightly, roll each chunk of dough across the tines of a fork until it rolls over on itself, forming a concave dumpling with indentations on the outside. These dumplings are called cavatelli. Work over the baking sheet so each cavatelli falls onto the towel when it is formed.
8. Repeat this process, keeping the remaining dough covered with plastic wrap, until all of dough is formed into cavatelli.
9. Lift corners of the towel with cavatelli inside; carefully turn them out into pot of boiling water. Cook for 5 to 7 minutes, or until tender; strain.
10. Serve with your favorite pasta sauce.

### RECIPE NOTES:

- Fresh or frozen spinach will work in this recipe.
- The recipe will turn out best with twice-ground semolina, if you can get it.
- Serve pasta with your favorite sauce, like FIXATE Marinara (*see separate recipe for FIXATE Marinara*). Adding 2 Tbsp. would add ½ and ½ to your containers.
- To store cavatelli, freeze them on the baking sheet until solid, then transfer to a resealable plastic bag; store in freezer for up to 3 months.

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 155 **Total Fat:** .5 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg  
**Sodium:** 86 mg **Carbohydrates:** 32 g **Fiber:** 3 g **Sugars:** 1 g **Protein:** 6 g



## FIXATE MARINARA

**SERVES:** 14 (approx. ¼ cup each) **Prep Time:** 10 min. **Cooking Time:** 16 min.

**CONTAINER EQUIVALENTS** (per serving):  ½

**VEGAN CONTAINER EQUIVALENTS** (per serving):  ½


**1 (28 oz.) can** whole peeled tomatoes  
**4 tsp.** olive oil  
**¾ cup** chopped onion  
(approx. 1 medium)  
**4 cloves** garlic, finely chopped  
**¼ cup** dry white wine  
(like pinot grigio)  
**½ tsp.** sea salt (or Himalayan salt)  
**8** fresh basil leaves,  
finely chopped


1. Place tomatoes in a medium bowl; crush by hand (or pulse in a food processor or blender) to achieve slightly chunky consistency. Set aside.
2. Heat oil in medium nonstick skillet over medium-high heat.
3. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add wine; cook over medium heat, stirring frequently, for 1 to 2 minutes, or until almost all the liquid has evaporated.
6. Add tomatoes and salt. Bring to a gentle boil. Reduce heat to low; gently boil, stirring occasionally, for 7 to 8 minutes, or until sauce has thickened slightly. Remove from heat.
7. Add basil; mix well. Cool to room temperature before serving. Set aside.


### RECIPE NOTE:

- For a smoother marinara sauce, place in a food processor (or blender) and pulse until it reaches desired consistency.

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 27 **Total Fat:** 1 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 152 mg  
**Carbohydrates:** 3 g **Fiber:** 1 g **Sugars:** 2 g **Protein:** 1 g

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