

## ingredients

### pasta

product	specification	Amount
penne rigate	cooked	ca. 100g per person
OR spaghetti	cooked	ca. 100g per person

### sauce

product	specification	Amount
spinach	fresh or thawed	500g
onion	minced	1-2 small onions
garlic	minced	1-2 cloves
sour cream	-	3 tablespoons
parmesan cheese	grated	1 cup, ca 300 ml
chopped ham	(optional)	1 cup
spaghetti/pasta	-	2 ounces per person
pepper	-	to taste
salt	-	to taste
other herbs/spices	-	to taste

## preparation

Cook noodles in a large pot of boiling water until al dente. Drain.

Meanwhile prepare the sauce. Heat oil in a medium saucepan over medium heat. Add onions, and ham if desired. Cook until onion is transparent, 2 to 3 minutes. Add garlic, and cook for 30 seconds. Stir in thawed spinach. Mix in sour cream, herbs, and Parmesan cheese. Reduce heat to low, and heat through.

Note: if your spinach is fresh, the sauce will become very wet. You should let the water evaporate BEFORE you add in the cream and other ingredients

Serve spinach sauce over spaghetti or egg noodles.