

Pasta with Prosciutto and Spinach

from **CookingLight**

Add watermelon, cantaloupe, and honeydew melon wedges as a side dish to complete the menu.



Photo: Beau Gustafson; Styling: Jan Gautro

- 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

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.

Yield: 4 servings (serving size: 1 cup)

CALORIES 292 (28% from fat); FAT 9.2g (sat 3.2g,mono 2.3g,poly 1.1g); IRON 1.8mg; CHOLESTEROL 32mg; CALCIUM 103mg; CARBOHYDRATE 38.8g; SODIUM 618mg; PROTEIN 14.6g; FIBER 3.8g

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