



## Tomato, Spinach & Feta Cheese Penne

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

680 Calories

22 g fat

950 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 1 lb. Penne Pasta
- 2 TB unsalted butter\*\*
- 1/2 cup onions, diced
- 1 clove garlic, minced
- 2 TB all-purpose flour\*\*
- 1 cup whole milk, room temp. (optional)
- 1/2 tsp salt\*\*
- 1.5 cups feta cheese
- 1 TB lemon juice
- 10 oz baby spinach
- Pint of cherry or grape tomatoes, halved

### DIRECTIONS:

1. Wash the pint of **tomatoes** and halve them. Set aside.
2. Bring a large pot of water to a boil. Once boiling, add a generous amount of **salt\*\*** then add **penne**. Cook stirring occasionally according to the package directions. Drain pasta and **reserve ½ cup of the pasta cooking water** in a separate cup.
3. While **pasta** is cooking, melt **butter** in a large skillet on medium-high heat. Once hot, add **onion** and a pinch of **salt\*\*** then cook until softened, about 5 minutes. Add the **garlic** and cook 1 additional minute.
4. Stir in the **flour** to coat and cook another 1 minute. Whisk in the **milk** slowly. Add **1/2 tsp salt\*\*** then bring to a boil and cook until thickened, about 3-5 minutes.
5. Lower the heat slightly and stir in the **feta** and **lemon juice** until melted. Taste and adjust for **salt\*\*** if necessary.
6. Add the **spinach** and let sit for 1 minute. Gently fold the spinach into the sauce until combined (the leaves will shrink as they cook). Cook until wilted and bright green, about 2-3 minutes. Stir in the **tomatoes**.
7. Once everything is cooked, mix together the cooked pasta and sauce.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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