

Super Greens Pasta Bake



- 12 ounces **dry whole-wheat fusilli** (or other pasta)
- 3 cups **tomato sauce with onions and garlic** (no salt added)
- 1 Tablespoon **olive oil**
- 2 cups **mushrooms, sliced**
- 4 cups **dark leafy greens** (kale, spinach, Swiss chard or collards)
- 1 1/2 cups **part-skim mozzarella cheese, shredded**
- 2 cups **cooked, diced protein** (chicken or low-fat turkey sausage) (optional)

- 1 Cook pasta according to package directions, drain.
- 2 Preheat oven to 375°F. Saute mushrooms in olive oil.
- 3 In a bowl, combine tomato sauce, mushrooms and greens with the pasta and mix. Add optional chicken or sausage if using. Add pepper to taste.
- 4 Pour into oven-proof casserole dish. Top with cheese and bake 20-30 minutes, until heated through and cheese is bubbly.

Serves 4

SEASONED COOK

Extra onions and garlic can be added. Be sure to taste the tomato sauce before using and add seasonings if needed. Red pepper flakes can be a spicy addition.

Per serving: 242 calories, 13g protein, 37g carbohydrate (2g fiber), 5g fat, (3g sat, 2g mono/poly), 130mg sodium