



## Creamy Spinach Pasta

Love fresh spinach? Then you'll love this recipe! A creamy and delicious main dish with white sauce, this is Manjula's version of fettuccine alfredo. Serve with a salad and some bread and you have a great meal.

For a lower calorie creation, substitute milk for the heavy cream. Serves 2-3.

### Ingredients:

For Pasta

- 6 oz. penny pasta approx. 2 cups uncooked pasta
- 1 tablespoon oil
- 1 teaspoon salt

Sauce

- 2 tablespoons olive oil
- 2 tablespoons all-purpose flour (plain flour, maida)
- 1 teaspoon dry basil
- 1 teaspoon Italian herb mix
- 1/8 teaspoon black pepper
- 1/2 teaspoon red chili flakes adjust to taste
- 1 cup heavy cream
- 1 cup milk
- 1/4 cup Mozzarella cheese
- 1/2 teaspoon salt
- 6 oz. spinach chopped and stemmed (about 2 cups)

## Preparation steps:

Bring a large pot of water to boil, add salt and oil.

Add the pasta.

Cook the pasta until it is tender (about 10 minutes). Drain the water and set pasta aside.

Heat the oil over medium heat and add all-purpose flour. Stir together. Add basil, Italian herb mix, black pepper, and chili flakes. Stir for another minute.

Stir slowly and add the cream, making sure there are no lumps.

After it comes to a boil, add milk. Bring it to a boil again.

Add spinach. Mix well and let it cook for 2-3 minutes, stirring continuously, then turn off the heat. Add Mozzarella cheese and stir.

Pour the sauce over pasta and toss lightly.

## Bonus Items

If you want to watch the video again, click [here](#).

Check out this great blend of [classic whole Italian](#) herbs such as oregano, thyme, basil, rosemary and sage! This is one of my spice staples and is used in many dishes. See details [here](#).

