

Creamy Spinach and Mushroom Pasta Bake

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/school-nutrition-recipe-for-italian-pasta-bake>

Ingredients:

- 12 ounces pasta uncooked
- 2 tablespoons unsalted butter
- 1 small onion diced
- 1 pound mushrooms choice thinly sliced
- 2 cloves garlic minced
- 3 cups baby spinach
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon all purpose flour
- 1/2 cup vegetable broth or water
- 1 cup light cream or half and half
- 1/4 cup freshly grated Parmesan
- 1 cup mozzarella cheese
- 2 tablespoons fresh parsley leaves chopped

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 80 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 16 grams
8. Sodium: 740 milligrams
9. Sugar: 6 grams

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