

RIGATONI WITH SPINACH AND BLUE CHEESE

"This is a combination of a lot of my favorite ingredients. One day about two years ago, I just threw it together. It's also a sneaky way to get my family to eat stuff that's good for them. My 2-year-old loves it."

—Suzette K. Hale, Camarillo, Calif.

- 1 teaspoon olive oil
- $\frac{3}{4}$ cup chopped onion
- 4 garlic cloves, minced
- 6 cups fresh spinach leaves, chopped
- $1\frac{1}{3}$ cups chopped seeded tomato
- $\frac{1}{2}$ cup fat-free, less-sodium chicken broth
- 8 cups hot cooked rigatoni (about 16 ounces uncooked tube-shaped pasta)
- $\frac{1}{2}$ cup (2 ounces) crumbled blue cheese
- $\frac{1}{4}$ cup pine nuts, toasted

1. Heat oil in a large nonstick skillet over medium heat. Add onion, and cook 20 minutes or until golden brown, stirring frequently. Add garlic, and sauté 1 minute. Add spinach, tomato, and broth; cook 3 minutes, stirring occasionally. Combine spinach mixture, pasta, cheese, and pine nuts in a large bowl; toss well to coat. Yield: 5 servings (serving size: $1\frac{1}{2}$ cups).

CALORIES 432 (21% from fat); FAT 10.1g (sat 3.1g, mono 3.3g, poly 2.6g); PROTEIN 17.7g; CARB 69.8g; FIBER 7.5g; CHOL 9mg; IRON 5.9mg; SODIUM 267mg; CALC 155mg