

Baked Pasta with Spinach and Artichokes | bites out of life

Baked pasta adapted from [Real Simple](#); Creamed spinach adapted from [Eating Well](#)

For the creamed spinach:

- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, minced
- 10 ounces fresh spinach, tough stems removed
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1/2 cup skim milk
- 1/8 teaspoon ground nutmeg
- salt and pepper, to taste



- 1) Heat oil in a large heavy-bottomed skillet over medium-high heat. Add the garlic and cook until lightly browned. Add spinach and cook until just wilted, tossing frequently.
- 2) In a small saucepan, heat butter on medium-high heat. Add the flour and cook, stirring, until the roux is bubbly and smooth, about 30 seconds.
- 3) Add the milk, nutmeg, salt and pepper, and whisk constantly until the roux is thick, about 1 minute. Stir the wilted spinach into the sauce.

For the baked pasta:

- 8 ounces whole-grain rigatoni or other short pasta
- 1 14-ounce can artichoke hearts, drained, rinsed and quartered
- Creamed spinach (from above)
- 1/4 cup shaved Parmesan
- 2 cups (8 ounces) fresh mozzarella, torn into small pieces
- 1/2 teaspoon red chili flakes
- salt and pepper, to taste

- 1) Cook the pasta according to the directions on the box. Set aside.

2) In a shallow 2-quart broilerproof baking dish, mix the artichoke hearts, creamed spinach, Parmesan, 1/2 of the torn mozzarella, salt, pepper and chili flakes. Toss the pasta in and combine well.

3) Preheat the oven to 425°F. Top the baking dish with the remaining half of mozzarella, then bake for 15 minutes, until the cheese has melted. Then broil for 2-3 minutes to brown the cheese.

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