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Baked Spinach Farfalle

Summary

Yield	Servings
Source	wailana
Prep time	
Cooking time	30 minutes
Total time	30 minutes

Description

Cajun spice lends bite to this hearty Italian-style bake. Loaded with colorful vegetables like eggplant, spinach, and bell peppers, then topped with pungent Parmesan cheese, this is one recipe the whole family will enjoy.

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Baked Spinach Farfalle - Wai Lana Recipe
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Ingredients

1
farfalle (bowtie pasta)
1 1?2 Tbsp
olive oil
1
onion, diced

Instructions

1. Cook the pasta according to the package directions. Rinse under cold water, drain well, and set aside. (Avoid overcooking as it will be baked in the oven later.)
2. Preheat the oven to 350°F. Heat 1/2 Tbsp. of the oil in a large saucepan on medium heat. Sauté the onion and garlic until tender. Add the eggplant and the remaining 1 Tbsp. oil. Sauté until the eggplant is soft and translucent, adding a little water as needed to prevent burning.
3. Mix in the spinach and cook until tender. Add the tomatoes, Italian and Cajun seasonings, salt, and sugar. Bring to a boil and simmer on medium heat for 10-15 minutes.
4. Add the pasta to the vegetables and sauce and toss to mix evenly. Pour into a large baking dish and sprinkle with the cheese. Bake for 20-25 minutes.

Notes

Nutritional Information Per Serving:

Calories: 264, Fat 7g (64 cal), Carbohydrate 37.7g (151 cal), Protein 12.3g (49 cal)Added information: Saturated Fat 2.7g, Cholesterol 10mg, Sodium 1000mg, Dietary Fiber 7g

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