

Rotini with Artichoke Hearts and Spinach in Lemon-Ricotta Sauce

(Makes 4 servings)

Overindulged during the holidays? If you're looking for a pasta dish that isn't heavy, this light, creamy recipe is a welcome addition to your pasta repertoire. You can substitute sautéed sliced fennel, edamame (soybeans) or fava beans for the artichoke hearts.

Ingredients:

- 8 ounces whole-wheat rotini (spiral-shaped pasta)
- One 10-ounce can whole artichoke hearts, drained
- 1 teaspoon extra virgin olive oil
- 1 shallot, minced
- 1 garlic clove, minced
- 1 tablespoon chopped fresh oregano
- ¼ cup dry white wine
- 2 tablespoons fresh lemon juice
- 6 ounces baby spinach
- ½ cup reduced-fat ricotta cheese
- 2 teaspoons grated lemon zest
- Freshly ground pepper

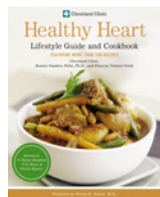
Directions:

- 1) Cook the pasta according to package directions, drain and set aside.
- 2) While the pasta is cooking, slice the artichoke hearts into quarters and set aside.
- 3) Heat the oil in a nonstick skillet. Add the shallot and garlic, and sauté over medium heat until soft, about 5 minutes.
- 4) Add the oregano, wine, lemon juice and reserved artichoke hearts. Simmer, stirring, until the artichokes are heated through.
- 5) Add the spinach and continue to cook until the spinach is wilted, about 2 minutes.
- 6) Remove from the heat and stir into the ricotta, lemon zest and pepper.
- 7) Add the pasta to the sauce; stir and reheat. Serve immediately.

Nutritional Analysis: (per serving)

- Calories: 210 (12% calories from fat)
- Total Fat: 3 g
- Saturated Fat: 1 g
- Protein: 10 g
- Carbohydrates: 36 g
- Dietary Fiber: 7 g
- Cholesterol: 10 mg
- Sodium: 340 mg
- Potassium: 346 mg

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.