

Linguine Florentine

Brought to you by Holly Clegg and *Eating Well Through Cancer*

Spinach and linguine combine together for a light but satisfying meal. Serve smaller portions as a side to any entrée.

Makes 6 servings

- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 1 large bunch fresh spinach, stemmed and washed (5 - 6 cups)
- 1 (12-ounce) can evaporated skimmed milk
- Salt and pepper to taste
- 1 (16-ounce) package linguine
- 1/3 cup grated Parmesan cheese



1. In large skillet, heat oil, add garlic and spinach. Cover and cook until spinach is wilted, 3 minutes, stirring occasionally. Add milk, season to taste.
2. Meanwhile, prepare pasta according to package directions; drain. Toss with spinach in skillet, sprinkle with cheese.

Nutritional information per serving

Calories 402, Protein (g) 18, Carbohydrate (g) 65, Fat (g) 8, Cal. from Fat (%) 17, Saturated Fat (g) 2, Dietary Fiber (g) 3, Cholesterol (mg) 7, Sodium (mg) 202, Diabetic Exchanges: 4 starch, 0.5 skim milk, 1 fat

DOC'S NOTES: Cooked veggies are fine when white blood cell count is low.