

# SPINACH & ARTICHOKE BAKED PASTA

## INGREDIENTS

- 2 Spinach (10 oz boxes or bags) (frozen)  
Salt
- 1 lb Pasta (your choice)
- 2 T Olive oil (extra-virgin)
- 1 Shallot (large) (chopped)
- 4 cloves Garlic (grated)
- 1 Artichoke hearts (10 oz box) (frozen) (defrosted) (halved) (pat dry)
- 1/2 C White wine (dry)
- 4 T Smart Blanc **OR** Earth Balance Butter
- 3 T Gluten-Free flour of your choice
- 2 C Milk (low fat) **OR** soy milk, almond milk or coconut milk  
Black pepper  
Nutmeg
- 1 1/2 C Mozzarella (low Fat) Cheese **OR** Gruyere cheese (shredded)
- 1 C Parmesan (shredded)



## DIRECTIONS

- 1 Position the oven rack in center of the oven
- 2 Preheat the oven to 375 F
- 3 Defrost the spinach in the microwave
- 4 Drain & then dry the spinach out as much as possible by wringing it out in a clean kitchen towel
- 5 Bring a saucepot of water to a boil & add salt
- 6 Add the pasta & cook according to package directions for al dente
- 7 Heat 2 tablespoons extra-virgin olive oil in a small skillet over medium to medium-high heat
- 8 Add the shallots & garlic & cook 2 to 3 minutes
- 9 Add the artichokes & cook until they are lightly brown
- 10 Add the wine to deglaze the pan
- 11 In a separate 5 qt pot over medium to medium-high heat, add the butter
- 12 When butter is melted, whisk in the flour for 1 minute or so
- 13 Whisk in the milk & season with salt, pepper & a little nutmeg
- 14 Cook 5 to 6 minutes, or until thick enough to coat the back of a spoon
- 15 Adjust the seasonings & stir in the Gruyere cheese
- 16 Combine the sauce with the spinach, pasta & artichoke
- 17 Stir until just combined
- 18 Transfer the mixture to a baking dish & cover with the remaining cheese  
**Option 1** - Bake on a baking sheet 45 minutes or until brown & bubbly on top  
**Option 2** - Cool & store for make-ahead meal



## NOTES

- 1 Serves 4 - 6
- 2 You can reduce the amount of cheese by 1/2 & still enjoy this dish

