



Microwave Pasta

Yield: Makes: 2 servings

Serving Size: 1 cup

Ingredients

4 oz (1/4 box)	spaghetti
1 tbsp	Olive oil
1 small (5 oz)	Can tuna, chicken, or chickpeas
¼ cup	Spinach
½ tsp	Italian seasoning

Directions

1. Break spaghetti in half or quarters and place in a long, narrow bowl. Add pinch of salt and 2 cups of water and shake gently.
2. Microwave uncovered for 6-7 minutes, stirring halfway through, or until cooked to desired texture. Add more water if spaghetti dries out.
3. Add Italian seasoning, olive oil, canned tuna/chicken/chickpeas, and spinach to bowl, and stir until spinach is wilted. Enjoy!

Optional add-ins

1. A splash of balsamic or red wine vinegar.
2. ¼ cup parmesan cheese
3. Frozen broccoli, peas, or asparagus!

Feeding Our Hungry Neighbors

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