



## Healthy Dad Recipes

### SPINACH AND BACON PENNE PASTA

Quick and easy

**Yield:** 4 servings

**Ingredients:**

1 package	penne pasta (12 ounce)
2 tbsp	olive oil
6 slices	bacon chopped
2	cloves garlic minced
1 can	diced tomatoes (14.5 oz/428 ml)
1 bunch	fresh spinach washed and torn



- In a large pot of boiling salted water, cook pasta as per directions.
- While pasta is cooking, heat 1 tbsp olive oil in skillet over medium heat.
- Cook bacon until browned and crispy.
- Add garlic and cook for 1 minute (do not let it burn).
- Stir in tomatoes and heat thoroughly.
- Put torn spinach in colander and drain cooked pasta over the spinach (this will wilt the spinach).
- Transfer pasta and spinach to a large serving dish, add the bacon and tomato mixture and toss with the remaining olive oil.

**Nutritional Facts:**

1 serving: 517 calories, 14.8 g fat, 15 mg cholesterol, 547 mg sodium, 73.8 g carbohydrates, 6.6 g fiber, 21 g protein