



CREAMY TOMATO PASTA

SERVES 6

@KICKCRAMPSASS

INGREDIENTS

- 1/4 CUP SPRING WATER
- 1 MEDIUM RED ONION, DICED
- 1/2 GREEN BELL PEPPER, DICED
- 1/2 RED BELL PEPPER, DICED
- 6 OZ TOMATO PASTE
- 1 LB WHOLE GRAIN PASTA
- 2 GARLIC CLOVES, MINCED
- 2 TABLESPOON CAJUN SEASONING
- 2 TABLESPOON ITALIAN SEASONING
- 1 TABLESPOON PAPRIKA
- 1/2 TEASPOON BLACK PEPPER
- 1/2 TEASPOON GINGER, MINCED
- 1/2 TEASPOON TURMERIC, MINCED
- 1/2 TEASPOON PEPPER FLAKES (OPTIONAL)
- 2 CUPS SPINACH
- 1 CAN (13.5 OZ) COCONUT MILK
- 2 TABLESPOONS OLIVE OIL
- 1 CUP PANKO BREAD CRUMBS
- 1 TABLESPOON GARLIC POWDER

NUTRITION FACTS

- CALORIES: 393
- TOTAL FAT: 20.52G
- SATURATED FAT: 13.14G
- SODIUM: 228MG
- POTASSIUM: 730MG
- TOTAL CARBOHYDRATES: 47.73G
- DIETARY FIBER: 5.4G
- SUGARS: 6.54G
- PROTEIN: 10.03G
- VITAMIN A: 3171IU
- MAGNESIUM: 83MG
- PHOSPHOROUS: 187MG
- VITAMIN C: 35.5MG
- CALCIUM: 97MG
- IRON: 6.22MG
- VITAMIN K: 60.4UG
- ZINC: 1.51MG
- VITAMIN E: 3.27MG

PROCEDURE

- 01** BOIL AND COOK THE PASTA ACCORDING TO THE PACKAGE DIRECTIONS. BEFORE DRAINING THE PASTA, SAVE ABOUT 1/2 CUP OF THE PASTA WATER
- 02** IN A DEEP SKILLET, HEAT THE WATER OVER MEDIUM HEAT. ADD THE ONIONS, BELL PEPPERS, GARLIC, GINGER, TURMERIC, AND HALF OF ALL SEASONINGS (EXCEPT FOR PEPPER FLAKES AND GARLIC POWDER). SAUTÉ FOR 2 MINUTES.
- 03** ADD THE ENTIRE CAN OF TOMATO PASTE, STIR, AND COOK UNTIL DARK RED. THEN, ADD THE COCONUT MILK AND CONTINUE TO STIR WHILE COOKING.
- 04** ONCE THE SAUCE IS SMOOTH AND COMBINED, ADD SPINACH AND REMAINING SPICES. COOK FOR 5 MINUTES.
- 05** WHILE THE PASTA IS SIMMERING, HEAT THE OLIVE OIL OVER MEDIUM-HIGH HEAT IN A SMALL SKILLET. ADD THE BREAD CRUMBS AND GARLIC POWDER.
- 06** REDUCE THE HEAT TO MEDIUM-LOW. STIR AND TOAST THE BREAD CRUMBS FOR 3-4 MINUTES UNTIL THE BREAD CRUMBS ARE GOLDEN BROWN. BE CAREFUL NOT TO BURN. IMMEDIATELY SPRINKLE THE BREAD CRUMBS OVER THE PASTA OR POUR INTO A BOWL.
- 07** ENJOY!