

Recipe: One Pot Lentil Tomato Pasta

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 2

Ingredients:

- 1 cup dry whole wheat penne
- 1 cup red lentils, rinsed
- 2 cups crushed tomatoes
- 2 cups water
- 1 tsp Italian seasoning
- 2 cups baby spinach

Instructions:

1. In a medium pot, combine penne, red lentils, crushed tomatoes, water, and Italian seasoning.
2. Bring to a boil, then reduce heat and simmer for 15 minutes until pasta is tender and lentils are soft.
3. Stir in baby spinach during the last 2 minutes of cooking until wilted.
4. Divide into two portions and serve warm.

Nutrition per serving:

- Calories: 425 kcal
- Protein: 24 g
- Fiber: 12 g
- Carbs: 55 g
- Fat: 7 g

Health Benefits:

- **High in protein & fiber:** Red lentils provide sustained energy and keep you full longer.
- **Heart-healthy:** Whole wheat penne adds complex carbs with a lower glycemic index.
- **Packed with vitamins:** Spinach adds iron, magnesium, and antioxidants.
- **Low-fat, plant-forward meal:** Great for weight management.

Pro Tips:

- Simmer on low heat and stir occasionally to prevent sticking.
- Double the batch and store in the fridge for quick weekday lunches.
- Add a sprinkle of Parmesan or nutritional yeast for extra flavor without many calories.
- Perfectly toddler-friendly; chop spinach finely if needed