Spaghetti Nests

Total Time – 45 minutes
Yield – 4 servings

Ingredients:
8 ounce whole grain spaghetti
2 packed cups spinach leaves, finely chopped
¼ cup grated parmesan
2 tablespoons extra-virgin olive oil
2 tablespoons whole milk
1 large egg
2 cups marinara sauce
12 small, fresh, lowfat mozzarella balls

Directions:
Preheat the oven to 350 degrees.

For the pasta: Bring a large pot of water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes. Drain the pasta and place in a large bowl. Add the spinach, half of the parmesan cheese and oil. Toss well until the spinach is wilted. Set aside to cool.

For assembly: Beat the remaining parmesan, milk and egg together in a large bowl until smooth. Pour the sauce over the spaghetti mixture until well combined. Twirl ½ cupfuls of the spaghetti mixture around tongs or a large fork and transfer to a lightly oiled 4 inch springform pans. Make an indentation in the middle of each nest of pasta and drizzle with olive oil. Bake 15 minutes. Let cool 10 minutes before removing from pans.

Spoon ½ cup of the marinara sauce on each of 4 serving plates. Place the spaghetti nests on the sauce. Spoon a tablespoon of sauce in each nest. Place 3 balls of mozzarella in each nest and serve. ENJOY!

Hayvan Wendell Anderson County Junior – Grains