

Spinach Artichoke Pasta

SERVINGS
2-3

PREP TIME
5 MIN

COOK TIME
20 MIN

TOTAL TIME
25 MIN

This vibrant Spinach Artichoke Pasta bursts with flavor! Juicy sun-dried tomatoes, savory artichoke hearts, and a hint of garlic mingle with baby spinach for a perfect light pasta dish.



ORGANIZING
a Plant Based Life.com

Ingredients

Directions

1

•6 oz Fettuccini Pasta (approximately)

- Cook pasta according to package to “al dente.”
- Reserve about ½ cup of pasta water.
- Set both pasta and reserved water aside.

2

•Drizzle Olive Oil
•1 Small Onion
•2 tbsp Minced Garlic

WHILE PASTA IS COOKING

- Heat olive oil in large skillet.
- Dice onion and add to skillet. Cook about 2-3 minutes, stirring often.
- Add garlic, mix well and cook another minute.

3

•¼ Cup Dry White Wine (or sub vegetable broth)
•2 tbsp Lemon Juice
•1 tsp Dried Parsley
•Sprinkle of Cayenne Pepper

- Add all to skillet, mix well and cook down until most of the liquid is absorbed.

4

•1 Can Artichoke Hearts
•2 tbsp Vegan Butter
•¼ to ½ Cup Sun Dried Tomatoes
•¼ Cup Pine Nuts
•Salt to Taste

- Quarter artichokes and add to skillet.
- Add v-butter, preferred amount of sun dried tomatoes, and pine nuts.
- Add salt to taste, mix well and cook down about 2 minutes to incorporate.

5

•1 to 2 Cups Baby Spinach

- Add preferred amount of spinach and mix well.
- Cook for 1 minute and turn off heat.

6

- Add pasta to skillet.
- Add reserved pasta water and mix until fully combined.

SERVE WITH

•Salt & Pepper to Taste
OPTIONAL
•Vegan Parmesan OR
•Nutritional Yeast

- Divide the pasta mixture evenly among plates, making sure to capture all the delicious bits that may have settled at the bottom of the skillet.
- Add salt & pepper to taste and sprinkle with v-parm or nooch, if desired.