



Spinach & Herb

PASTA

A creamy, garlicky pasta with fresh spinach,
Parmesan, and garden herbs.
Simple ingredients. Amazing flavor!



INSPIRED BY
NATURE, MADE
WITH LOVE



PREP TIME
10 MIN



COOK TIME
20 MIN



SERVINGS
4-6



DIFFICULTY
EASY

INGREDIENTS:

- 12 oz pasta (penne, rotini, or fettuccine)
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 4 cups fresh spinach
- ½ cup heavy cream
- ¼ cup milk
- ¼ cup grated Parmesan cheese
- ½ cup shredded mozzarella cheese
- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp red pepper flakes (optional)
- ½ tsp sea salt (or to taste)
- ¼ tsp black pepper
- Zest of ½ lemon (optional)
- 2 tbsp fresh parsley, chopped
- Extra Parmesan for garnish

Pasta Perfection:

Reserve ½ cup pasta water before draining
to help create a silky, creamy sauce.



INSTRUCTIONS:

- 1 Cook pasta according to package directions until al dente. Reserve ½ cup pasta water, then drain.
- 2 Heat olive oil in a large skillet over medium heat. Add garlic and sauté for 1 minute until fragrant.
- 3 Add spinach and cook until wilted, about 2-3 minutes.
- 4 Reduce heat to low. Pour in heavy cream and milk. Stir to combine.
- 5 Add Parmesan, mozzarella, basil, oregano, thyme, red pepper flakes, salt, and black pepper. Stir until cheese is melted and sauce is creamy.
- 6 Add cooked pasta to the skillet and toss to coat. Add reserved pasta water a little at a time until the sauce reaches your desired consistency.
- 7 Add lemon zest and chopped parsley. Stir well.
- 8 Serve warm with extra Parmesan and a sprinkle of red pepper flakes if desired.

HERBAL BENEFITS:



SPINACH

Rich in iron, vitamins A, C, and antioxidants that support overall well-being.



GARLIC

Known for its immune-supporting and heart-healthy properties.



BASIL & OREGANO

Powerful herbs with antioxidants that may help fight inflammation and support immunity.

Made with
Herbs, Love &
Good Food

Everything Herbal
by Cheryl Jabz

www.EverythingHerbal.com



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