

Dinner

# Pasta Bake with Spinach, Artichokes and Tomatoes

**10 Mins**  
Prep Time

**25 Mins**  
Cook Time

**6**  
Servings

**398** Calories   **21g** Fat   **40g** Carbs   **20g** Protein



## Ingredients

**6** Servings   **35 Mins** Total Time   **Allergens:** Gluten, Dairy, Eggs

8 oz. Short Whole Grain Pasta (penne, rotini, farfalle, cavatappi)

1 ¼ Cups Skim Milk	½ Tsp Dried Oregano
2 Large Eggs	½ Tsp Dried Basil
3 Cloves Garlic, minced	½ Tsp Crushed Red Pepper Flake

Salt and Pepper, to taste

1 ½ Cups Monterey Jack Cheese, shredded

1 (14 oz.) Can Quartered Artichoke Hearts, drained

1 (10 oz.) Package Frozen Chopped Spinach, thawed and well drained

½ Cup Sun-Dried Tomatoes in Olive Oil, chopped

### Allergen Swap

**Gluten** Use a gluten-free pasta.

**Dairy** Substitute milk for an unsweetened non-dairy milk alternative (coconut, almond, etc.). Use a dairy-free cheese alternative.

**Eggs** Use a commercial egg replacement.

### Nourishment Note



#### Whole Grain Pasta

Whole grain pasta is an excellent source of fiber. Fiber is particularly beneficial for those with RA because it can help reduce the risk of heart disease.



#### Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with rheumatoid arthritis.



#### Tomatoes

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene has been shown to reduce the risk of heart disease, a condition common in those with RA.

## Instructions

### 1. Preheat Oven & Spray Pan

Preheat oven to 350 °F. Spray a 13x9-inch baking pan with non-stick cooking spray.

### 2. Cook Pasta

In a large saucepan, cook pasta according to package directions; drain and set aside.

### 3. Mix All Ingredients

In a large bowl, whisk together the milk, eggs, garlic, oregano, basil and red pepper flakes. Stir in cheese, artichokes, spinach, sun-dried tomatoes and pasta. Season with salt and pepper.

### 4. Bake Dish & Serve

Add pasta mixture to the prepared baking dish. Place in oven and bake until cooked through and golden brown, 20-23 minutes. Serve hot and enjoy.

Recipe adapted from: [damndelicious.net](https://damndelicious.net)

## What You'll Need



Saucepan



Colander



Measuring Cups



Measuring Spoons



Can Opener



Knife



Large Bowl



Whisk



Cutting Board



13x9-inch Baking Dish



Non-Stick Cooking Spray

### RA Cooking Tips

- Use a small mesh strainer to lift pasta out of hot water into a bowl rather than trying to pour the whole pan into a colander.
- Use an electric can opener to open cans.
- Use a mini-food processor to chop sun-dried tomatoes.