



Pasta Bianco



Linguini, Bowtie or your favorite Pasta—Cooked
3 Tablespoon butter (or olive oil)
1 Tablespoon garlic
1/4 teaspoon Oregano
1 Tablespoon Thyme
Fresh Spinach (as much as you like)
1/2 cup Basil Leaves
Parmesan Cheese

*Servings = 8
Nutrition provided from the
herbs in this recipe:
158 IU of Vitamin A
11 mcg Vitamin K
2 mcg Folate
20 mg Calcium
3 mg Magnesium
2 mg Phosphorus
21 mg Potassium
Per Serving*

Place butter or olive oil and garlic in skillet or saucepan. Sauté couple of minutes over medium heat; add oregano, thyme and spinach, stirring until spinach wilts. Pour over pasta and mix. Julienne the basil and stir into pasta. Add Parmesan cheese to taste, and serve. Enjoy!

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