



Mediterranean Pasta Night



Ingredients

- 12 oz whole wheat or chickpea pasta
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 zucchini, sliced or chopped
- 1 cup cherry tomatoes, halved
- 1 cup baby spinach
- ½ teaspoon dried oregano or Italian seasoning
- Salt & pepper to taste
- ¼ cup grated parmesan or crumbled feta

Protein Options:

- Grilled chicken or shrimp
 - White beans or chickpeas for a plant-based option
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Instructions

1. Cook pasta according to package directions. Reserve ½ cup pasta water, then drain.
 2. Heat olive oil in a large skillet over medium heat.
 3. Add garlic and cook 30 seconds until fragrant.
 4. Add zucchini and cook 3–4 minutes until tender.
 5. Stir in tomatoes, spinach, oregano, salt, and pepper until spinach wilts.
 6. Add cooked pasta and a splash of pasta water; toss to coat.
 7. Remove from heat and top with parmesan or feta.
 8. Top with your choice of protein
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Why This Works

- ✓ Simple ingredients
- ✓ High fiber (especially with whole wheat or legume pasta)
- ✓ Healthy fats from olive oil
- ✓ Quick weeknight-friendly meal