



Spinach and Pasta Shells

SUBMITTED BY: **YAKUTA** on <http://allrecipes.com>

"This is a very easy recipe and for those people who like garlic and a little bit of spice in their pasta it's perfect. Add more or less red pepper flakes depending on your fondness for spicy food. This goes great with a salad and some garlic bread, if desired."

INGREDIENTS

- 455 g seashell pasta
- 284 g frozen chopped spinach
 - 30 ml olive oil
 - 7 cloves garlic, minced
- 2 g dried red pepper flakes (optional)
 - salt to taste

DIRECTIONS

1. Bring a large pot of lightly salted water to a boil. Add pasta and spinach and cook for 8 to 10 minutes or until pasta is al dente; drain and reserve.
2. Heat oil in a large skillet over medium heat. Add garlic and red pepper flakes; saute for 5 minutes or until the garlic turns light gold. Add cooked pasta and spinach to the skillet and mix well. Season with salt and toss; serve.