



FAST. EASY. FRESH.

CREAMY GOAT CHEESE PASTA WITH TOMATOES, SPINACH, AND PARMESAN

1. Start by bringing a large pot of salted water to a boil. Add the **penne** and cook for 8 minutes, or until al dente. Drain and leave in the colander.

2. Meanwhile, roughly chop the **basil** and **parsley**. Give the **spinach** a rough chop too if you'd like but keep it separate from the herbs. Cut the **cherry tomatoes** in half.

3. Using the same pot that you used to cook your pasta, add the **goat cheese**, **cream cheese**, **2% milk**, **basil**, **parsley**, **flour**, and **lemon juice**.

4. Whisk the cheese mixture together until it is well combined. Return the pot to medium heat and cook, stirring constantly, for about 5 minutes or until the sauce is slightly bubbling and thickened.

5. Add the **penne**, **spinach**, and **tomatoes** to the cheese sauce and stir well to combine. Taste, and season with **salt** and **pepper** as desired.

6. To serve, spoon the pasta into bowls and top with **parmesan**. Enjoy!



Ingredients (2 Person Serving – 692 Calories Per Serving)

Penne	225 g	Lemon Juice	½ Tbsp.
Goat Cheese	45 g	Spinach	60 g
Cream Cheese	45 g	Cherry Tomatoes	10
2% Milk	237 ml	Parmesan	¼ Cup
Basil	12 g	Salt and Pepper	To taste
Parsley	Small Bunch		
All-Purpose Flour	1 ½ Tbsp.		

30 Minute Cook Time!