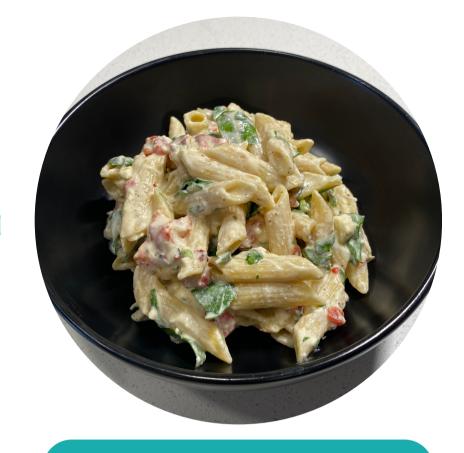# Spicy Feta Pasta

Recipe makes 6 meals

Ingredients

16 oz Feta Cheese, crumbled
15 oz Barilla Protein+ Pasta
12 oz Roasted Red Peppers, drained and diced
4 C Spinach, chopped
3/4 C Plain Greek Yogurt
1/2 C Fat Free Fairlife Milk
2 Tbsp Olive Oil
2 Garlic Cloves, grated
1 tsp Garlic Powder
1 tsp Onion Powder
1 tsp Oregano
1 tsp Crushed Pepper Flakes
Salt and Pepper to taste

Nutrition Profile

- per meal -

Calories – 488
Fat – 19g
Carbohydrates – 49g
Protein – 30g

Estimated Cost Per Meal

$3.19

@zachcoen
www.mindbodyandnutrition.com

Instructions

1. Start by bringing a large pot of water to a boil and start your pasta. Cook according to the instructions on the package. When your pasta is done, strain it, return it to the pot, and set aside.

2. While your pasta is cooking, chop 4 cups of spinach and set aside.

3. Drain your roasted red bell peppers and dice them up. Set those aside as well.

4. In a large mixing bowl, add your feta cheese. If you are using blocks, crumble with a fork.

5. Once your feta is crumbled, add in 3/4 cup plain Greek yogurt, 1/2 cup milk, 2 Tbsp olive oil, 2 grated garlic cloves, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp oregano, 1 tsp crushed pepper flakes (more or less depending on how spicy you want it). Add in your diced roasted red bell peppers and mix all of that together.

6. Pour your feta cheese mixture into the pot with your cooked pasta. Add in your chopped spinach and mix. Give it a taste and add salt and pepper to preference.

7. Portion out into your meal containers and enjoy!

Notes

- For this recipe, you can adjust the level of heat by changing the amount of crushed pepper flakes. If you really do not like spicy at all, you can make this without.

- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.

- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.